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# PACIFIC VIEWS

July 2025

# Celebrate the Moment Your Birthday, Our Treat!

## 慶祝你的大日子 享受你的生日優惠!

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia.

Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$200 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2025 to 30th June 2026. Terms & Conditions and Blackout Dates apply.

To book your celebration:

Dining Reservations: The Island View 2118 1846, Pier 6 2118 1878, Capricci 2118 1803 and Bauhinia 2118 1892

Banqueting Enquiries: 2118 2851 or 2118 2295

歡迎會員與親朋好友前來Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！  
凡聚餐消費滿\$2,000或以上，即可免費獲贈由本會送出的Prosecco氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦30位或以上賓客的生日聚餐，可以以\$150優惠價享用原價\$200的飲品套餐，  
包括暢飲三小時葡萄酒、啤酒、果汁及汽水。

而選購此飲品套餐後，每位賓客更可額外免費享用Prosecco氣酒一杯，以及每 10 位賓客可獲贈一個1.5磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、  
抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期由2025年7月1日至2026年6月30日止。  
優惠受條款及細則約束，並且不適用於部分日期。

預約你的生日聚餐

於餐廳享用午餐或晚餐：請致電Island View - 2118 1846, Pier 6 — 2118 1878, Capricci — 2118 1803, 紫荊閣 — 2118 1892

私人聚餐：請致電 2118 2851 or 2118 2295 查詢詳情

# Happy



# Birthday

### Terms and Conditions for Restaurants

於餐廳用餐 — 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在Island View、Pier 6、Capricci或紫荊閣餐廳用餐消費滿\$2,000，可獲贈Prosecco氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2025 to 30th June 2026. 此推廣活動的有效日期：2025年7月1日至2026年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、蘇酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

### Terms and Conditions for Banqueting Events

私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂30人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電2118 2851 / 2118 2295與宴會部聯絡。
- Special rate of \$150 per person for the \$200 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以\$150優惠價享用原價\$200的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈Prosecco氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈1.5磅重的蛋糕一個，可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、蘇酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。
- Blackout dates – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

## Board of Governors

Henry Tang 唐英年  
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 Toshiaki Yamamoto 山本利章

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## Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

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Dear Members

With summer in full swing, July brings a vibrant calendar of flavours and seasonal highlights for Members to enjoy at the Club. If you have not yet enrolled your child in the Junior Summer Programme, there is still time to secure a place in one of our many exciting classes and camps. Full details can be found on pages 19 to 30.

At The Island View, on selected Fridays and Saturdays, the Australian Black Truffle and Beef Dinner Buffet showcases prized Australian Black Truffles alongside premium Meats, Seafood and seasonal produce. On alternating Friday and Saturday nights, discover the warmth and richness of Southern France with our French Méditerranée Buffet, featuring Bouillabaisse with half a Lobster served tableside. Full details and dates are on pages 6 and 7.

On Saturday, 26th July, we celebrate Christmas in Summer with a festive Dinner Buffet feast. Expect all your December favourites including roasted Turkey and Ham, Mince Pies and Egg Nog, with Santa making a surprise off-season visit. Join in the fun with our Christmas Jumper contest, where the most creative entry wins complimentary food and drinks. See page 12 for details.

From 10th to 20th July, Pier 6 offers a special opportunity to savour the rich, earthy flavour of Australian Black Truffles with a menu created by Chef Daniel. The celebration concludes on Sunday, 20th July with a six-course Season's End Truffle Night, where each dish is thoughtfully paired with your choice of wine or non-alcoholic selections to enhance the depth of flavour. See page 13 for full details.

Over at Capricci, we invite diners to "Explore Italy" through three distinct regions this month: Emilia Romagna, Sicily and Piedmont, with weekly menus celebrating both classic and lesser-known dishes. Other dining highlights include Namaste India on Friday, 25th at The Island View, where Chef Singh presents a flavourful Indian Buffet, and the Endless Shrimp Feast at the Club Bar, offering unlimited Shrimp dishes daily for a set price.

Don't miss the welcome return of Oyster Fridays at the Club Bar, featuring freshly shucked Oysters to brighten the start of your weekend, and if you are an Oyster fan, be sure to indulge in the creamy refinement of Japanese Ebisu Oysters, available at both the Oyster Bar and Pier 6 in July.

Finally, our Celebrate the Moment birthday promotion proved very popular over the past year, and we are pleased to continue the celebration. This year, we have also introduced banquet options for larger gatherings, making it easier than ever to mark the occasion with friends and family. Full details can be found on the previous page.

I look forward to seeing you around the Clubhouse this July.

尊敬的會員，

已踏入盛夏，本會亦將於7月份為會員帶來豐富多彩的美味佳餚及夏日精彩活動。如果大家還未為孩子們報名參加兒童暑期活動，現在還可趕及報名參加我們安排的眾多精彩課程及夏令營。詳情請參閱第19-30頁。

在Island View餐廳，於特定的星期五及六晚上，我們將推出澳洲黑松露及牛肉美食自助晚餐，送上以珍貴的澳洲黑松露及優質肉類、海鮮及時令農產品烹調的菜式；而在其餘的星期五及六晚上，大家則可以品嚐我們的法國地中海美食自助晚餐，感受法國南部的溫暖及豐富味道，即場還會供應馬賽魚湯及半隻龍蝦。有關詳情及日期請參閱第6及7頁。

於7月26日（星期六），我們將以盛大的自助晚餐慶祝夏日聖誕。大家一直期待至12月才可以品嚐到的最優美食，包括烤火雞及火腿、餡餅及蛋酒等，都會一一送上，聖誕老人還會從假期中抽空驚喜現身。同時我們亦邀請大家參加聖誕毛衣比賽，最具創意的參賽作品將會贏得免費餐飲。詳情請參閱第12頁。

此外，於7月10日至20日期間，Pier 6餐廳將推出由Chef Daniel精心打造的推廣菜單，讓大家可以品嚐澳洲黑松露濃郁的土壤氣息。整個慶祝活動將於7月20日（星期日）以6道菜式的「季末慶典松露之夜」落下帷幕。每道菜都會配搭大家自己挑選的葡萄酒或無酒精飲品享用，以提升其層次及口感。詳情請參閱第13頁。

在Capricci餐廳，我們誠邀大家前來「探索意大利風情」，體驗3個風格迥異的地區美食，包括：艾米利亞-羅馬涅、西西里及皮埃蒙特。每個星期都會推出不同菜單以展示各式經典菜餚及鮮為人知的特色菜。精彩餐飲活動源源不絕...Island View將於25日（星期五）舉行印度美食自助晚餐，屆時Chef Singh會為大家送上風味十足的印度自助美食；還有每日在會所酒吧舉行的鮮蝦任食優惠，以一個收費享用無限量的鮮蝦菜餚。

一直深受大家歡迎的會所酒吧「週五盡享生蠔之夜」將再度歸來，送上即叫即開的新鮮生蠔來展開美好的週末；另外，如你是生蠔愛好者，請別忘記於7月份前來Oyster Bar及Pier 6餐廳品嚐口感細膩順滑的日本惠比壽生蠔。

最後，在過去一年中推出的「Celebrate the Moment」生日慶祝優惠大受會員歡迎，因此我們很高興繼續提供這項生日優惠。今年，我們更將此優惠延伸至宴會安排，方便大家舉行大型聚會，讓你與親朋好友可以愉快地歡度生日。詳情請參閱前一頁。

我期待於7月份與大家在太平洋會見面。

Yours sincerely,  
 Ronald Loges  
 General Manager  
 羅納德 陸格 - 總經理



## PACIFIC CLUB

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# The Wishing Table Dinner Buffet

Available Sunday to Thursday at The Island View

## Island View 餐廳 - 7 月份週日至週四自助晚餐 如「許願桌」般送上豐富美食

Step into a fairy tale where the feast never ends. Inspired by the Brothers Grimm, this enchanting dining experience brings a continuous flow of dishes straight to your table.

Begin with fresh Oysters, Seafood, and a selection of appetisers, followed by a comforting Soup and an array of internationally inspired main courses. As the evening unfolds, indulge in an irresistible spread of desserts and sweet treats, all served effortlessly while you relax at your table and enjoy.

Your Wishing Table awaits! Reserve now and experience the magic.

This storybook supper includes unlimited soft drinks and special beverages:

**Cold : Mandarin Lemon Spritz**

**Hot : Steeped Ginger and Turmeric-Honey with Mint and Lemon**

Date : Sunday to Thursday throughout July

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$388, Children 6-12 years \$256, 3-5 years \$128

Reservations : 2118 1846

走進一個永不結束的童話故事盛宴裡！受到格林兄弟的啟發，我們會把這種令人欲罷不能的用餐體驗帶到 Island View 餐廳，將源源不絕的菜餚直接送到你的餐桌上。

首先是新鮮的生蠔、海鮮及各種開胃菜；然後是暖胃的湯品及一系列齊集國際風味的主菜；隨著夜幕降臨，還讓你盡情享用各種令人無法抗拒的甜點；而你只須輕鬆坐著等待我們將這些美食送到你的餐桌上。

你的許願桌正在等著你的蒞臨！立即訂座享受這神奇的用餐體驗。

這個故事書中的晚餐還包括任飲汽水及特飲：

**冷飲 : 柑橘檸檬汽水**

**熱飲 : 蜂蜜薑黃薑茶配薄荷檸檬**

收費 : 成人 \$388 ; 小童 6-12 歲 \$256 , 3-5 歲 \$128

訂座請致電 2118 1846。



## Wednesday Night Horse Racing at The Island View Restaurant

Island View 餐廳週三精彩活動  
觀看夜間賽馬

Make Wednesday nights special at The Island View Restaurant with our Wishing Table Dinner Buffet paired with exciting horse racing action, broadcast live on the big screen. Dinner is served from 6:00pm onwards with the races beginning according to the HKJC timetable.

Bring friends and family, enjoy great food, and cheer your favourites home!

讓星期三晚上變得更精彩！前來 Island View 餐廳享用「許願桌」自助晚餐，同時觀看於大螢幕上播放緊張刺激的夜間賽馬。晚餐由下午6時開始，第一場比賽將按照香港賽馬會時間表開始。

帶同家人朋友一邊享用美食，一邊為勝利歡呼！





By Tommy Ko,  
Membership Manager

撰文：會籍部經理 - Tommy Ko



With the hotter weather of summer now upon us, the Swimming Pool and adjacent Sunbathing Area are understandably much busier. For the comfort of all Members, please be reminded of the following observances in relation to these areas:

- For hygienic purposes, all swimmers must shower before entering the Swimming Pool.
- Be aware of others while you are in the Pool. Recreational bathers are urged not to interfere with those swimmers performing lengths.
- Topless sunbathing by ladies is prohibited. Please wear a bikini or bathing suit.
- When walking between the Changing Rooms and the Swimming Pool, please ensure that a robe and slippers are worn at all times.
- Food and beverages from outside of the Club are strictly prohibited from being brought into the Clubhouse, including the Sunbathing Deck. A wide selection of food and beverage items are available from the Club's restaurants during opening hours.
- No smoking is allowed within the Pool and Sunbathing Area.

## ISO 22000 Food Safety Management System

The quality and hygiene standards of the food and beverage services offered at the Pacific Club are an ongoing priority for the Club's management operations. To this end, we carried out the ISO 22000 Food Safety Management System and have been accredited with this esteemed certification since 2015. This year, we again appointed Accredited Certification International Limited to conduct the surveillance audit and we are pleased to report that the Club has successfully passed the audit.

In addition to this, we organise frequent sample testing sessions of the water quality from filtered water taps in the kitchens and bars, ice machines and the fish tank at the Chinese kitchen. All testing results have met the required standards.

隨著天氣漸轉炎熱，本會游泳池及戶外日光浴區亦開始熱鬧起來。為使會員可享有舒適的游泳環境，懇請大家注意以下之游泳池使用守則：

- 為保持池水清潔衛生，所有泳客於下水前必須先沖洗身體。
- 使用游泳池時請顧及他人。於游泳或嬉水時應經常留意四周，切勿阻礙其他泳客游泳。
- 請注意，本會嚴禁女泳客赤裸上身作日光浴，請穿上比堅尼泳衣或連身泳衣。
- 當來回更衣室及游泳池時，請穿上浴袍及拖鞋。
- 本會嚴禁會員攜帶從外間購買的食物及飲品到會所範圍內食用，包括在戶外日光浴區內。本會各餐廳在開放時段內提供各款美食及飲品，以供會員選擇。
- 游泳池及戶外日光浴區均嚴禁吸煙。

## ISO 22000 食物安全管理系統

本會一直高度重視在會所內提供的餐飲服務質素及衛生標準。有見及此，我們實施了「ISO 22000 食物安全管理系統」，並於2015年正式認可相關認證之證書。今年我們再次委託「國際認可認證有限公司」為食物安全管理系統進行審查檢測，很高興在這裡通知大家，我們已成功通過是次審測，並獲認證符合該系統的要求準則。

除此之外，本會亦經常安排抽取廚房及酒吧內的過濾水龍頭、製冰機及中廚房魚缸的水質樣本進行測試，所有測試結果均符合有關要求及標準。





Fridays & Saturdays / 星期五及六

# French Méditerranée – Regional Highlights from the South of France Dinner Buffet

## 法國地中海 – 法國南部地區特色美食自助晚餐

France, the home of classic cuisine, continues to enchant with its passion for food, deep-rooted traditions, and impeccable produce. Every region has its treasures, and the South, with its sun-soaked markets and coastal bounty, offers some of the most beloved flavours of summer.

This July, we bring the charm of the French Mediterranean to Hong Kong with a Buffet inspired by the vibrant flavours of Southern France. Expect a spread rich in regional classics, with highlights including Foie Gras, fresh Oysters, and an abundant selection of French Cheeses. Taking centre stage for the evening is Bouillabaisse, the iconic seafood stew from Marseille, a dish rich in history and layered with flavour. To make the experience even more memorable, each guest will be served Half a Lobster, presented at the table to accompany their bowl.

In addition, explore a variety of Appetisers and Main Courses from the Buffet, then finish your meal with sweet creations inspired by centuries of French pastry tradition. This Buffet captures the enduring charm of Southern French cuisine at its finest.

**For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.**

Date : Friday 18th July  
Saturday 5th & 12th July  
Time : From 6:00pm  
Time : Dinner  
Venue : The Island View Restaurant  
Price : Adults \$599, Children 6-12 years \$399, 3 - 5 years \$259



法國，經典美食的發源地，以其對美食的熱情、根深蒂固的傳統和無可挑剔的食材，持續吸引人們的目光。法國每個地區都有其獨特的魅力，而南部地區，陽光明媚的市場和豐富的沿海資源，更是為人們提供了夏季最受歡迎的美食。

於7月18日星期五及5日、12日星期六晚上，我們將以充滿南法風味的自助晚餐，把法國地中海的魅力帶到香港。我們將為大家帶來豐盛的當地經典菜餚，包括鵝肝醬、新鮮生蠔及種類豐富的法國芝士。而當晚的焦點當屬馬賽海鮮湯，這道標誌性的湯品歷史悠久，風味濃郁。為了讓每位賓客留下更難忘的用餐體驗，我們更會為大家送上半隻龍蝦。

此外，大家還可以品嚐自助餐中的各種開胃菜和主菜，最後以靈感源自數百年法式糕點傳統的甜點來結束你的夜晚。這份自助餐完美展現了法國南部美食的持久魅力。

晚餐收費：成人 \$599；小童 6-12歲 \$399，3-5歲 \$259

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。



Fridays & Saturdays / 星期五及六

# Australian Black Truffle & Beef Dinner Buffet

## 澳洲黑松露及牛肉美食自助晚餐

At the heart of this month's Buffet is one of the world's most sought-after delicacies: the Australian Black Truffle. Grown from Périgord spores and nurtured in the cool, fertile soils of Tasmania and Western Australia, these truffles are celebrated for their rich aroma and deep, earthy flavour. Their season is short, their impact unforgettable!

To showcase this seasonal treasure, we present a Buffet of exceptional Australian ingredients. From the open plains of Queensland comes premium Beef, joined by Organic Poultry, Pork, and Farm-grown Vegetables, all ready to be topped with shaved Black Truffle at our Live Station. Freshly flown-in Australian Oysters, Fish and Seafood add a coastal flourish.

Finish on a sweet note with desserts that present the essence of Australia's diverse landscapes and ingredients. This Buffet is a true tribute to Australian produce at its seasonal best.

**For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.**

Date : Friday 4th & 11th July

Saturday 19th July

Time : From 6:00pm

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$599, Children 6-12 years \$399, 3-5 years \$259

於7月4日、11日星期五及19日星期六晚上，Island View自助晚餐的重頭戲就是全球最受歡迎的美食之一：澳洲黑松露。這些珍貴松露源自法國Perigord松露的實體孢子，生長於塔斯曼尼亞及西澳洲乾爽肥沃的土壤中，以其濃郁的香氣及深厚的土壤氣息而聞名。它們的生長期短暫，但魅力令人難忘！

為了向大家展示這一季的珍品，我們同時精心設計了一系列以優質澳洲食材烹調的自助餐菜式，包括來自昆士蘭開闊平原的優質牛肉，配搭有機家禽、豬肉及農場種植的蔬菜，並佐以黑松露片，全部都在Live Station即場為大家烹調。此外，還有新鮮空運到港的澳洲生蠔、鮮魚及海產，更增添了海岸風味。

最後，再以甜點完美結束這個晚上。這些甜點均展現了澳洲豐富多樣的自然物產和食材的精髓。這頓自助餐是對澳洲當季食材的真誠致敬。

晚餐收費：成人 \$599

小童 6-12歲 \$399，3-5歲 \$259

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

To make your reservations, please call The Island View on 2118 1846

訂座請致電 Island View 餐廳：2118 1846。

**Holiday Notice**

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on 1st July.

**課程暫停舉行**

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。

## Fascia Exercise Training

Improve mobility, reduce tension, and feel better in your body with our Fascia Exercise Training Class. This full-body workout targets the connective tissue that supports your muscles and joints, using a mix of stretching, dynamic movement, and myofascial release techniques. Ideal for all fitness levels, fascia training enhances flexibility, posture, and overall movement quality.

### 筋膜運動訓練

透過我們的筋膜運動訓練課程，提升靈活性、緩解緊張肌肉，並改善你的身體狀態。這項全身運動針對支撐肌肉和關節的結締組織，結合伸展、動態運動和肌筋膜放鬆技巧。筋膜訓練適合所有健身水平人士參加，可增強其靈活性、改善姿勢和整體運動品質。課程適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Monday 7th, 14th, 21st & 28th July

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only



## Jazz Dance

Step into rhythm and energy with our Jazz Dance Class. Combining upbeat music with expressive movement, this class blends classic jazz technique with modern flair. Dancers will build strength, coordination, and flexibility while learning dynamic routines.

### 爵士舞班

前來感受本會爵士舞班的節奏和熱情！課程將輕快的音樂與富有表現力的動作相結合，將經典爵士舞技巧與現代風格融為一體。舞者將在學習動感十足的舞蹈動作時，亦可鍛鍊力量、協調性和柔韌性。課程於星期四舉行，適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Thursday 10th, 17th, 24th & 31st July

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

## Funky Dance

Get moving with Funky Dance, a fun and high-energy aerobic workout set to lively music and easy-to-follow steps. This dynamic class keeps your body active and your heart rate up, helping you burn calories while enjoying the rhythm. In just one hour, you can complete up to 7,000 steps, making it an enjoyable and effective way to stay fit.

### Funky舞蹈班

參加有趣且簡單易學的Funky舞蹈班，讓你充滿動感及活力！這有氧舞蹈鍛鍊，每堂都是在挑戰你的體力，在一小時內完成 7,000 個舞步，讓你在享受樂趣的同時燃燒卡路里。課程於星期五舉行，適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Friday 4th, 11th, 18th & 25th July

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above





## Zumba Fitness

Get your body moving with Pacific Club Zumba. This upbeat fitness class combines Latin-inspired dance with easy-to-follow routines for a full-body cardio workout. Burn calories, boost energy and improve coordination while dancing to infectious rhythms. No dance experience is needed. Just bring your enthusiasm and enjoy the movement.



### 尊巴健體舞班

讓身體隨著Zumba舞步動起來！這健身舞蹈課程將拉丁舞蹈與充滿活力的有氧舞蹈編排融為一體，帶來全身運動。在動感的節奏中，燃燒卡路里、提升能量、提高協調性。無需舞蹈經驗，只需帶著你的熱情，便可享受運動的樂趣。

課程於星期日舉行，適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Sunday 6th, 13th, 20th & 27th July  
Time : 10:00am – 10:45am (45 minutes)  
Venue : Aerobics Room  
Price : Member \$720, Guest \$1,200 (for 4 lessons)  
Age : 16 years and above

## Stretching Exercise Class

Relax, recharge and restore with our Stretching Exercise Class. This gentle, low-impact session helps improve flexibility, ease muscle tension and support better posture. Suitable for all ages and fitness levels, it offers a calm and effective way to release stress, prevent stiffness and promote overall physical well-being.



### 伸展運動班

參加本會的伸展運動班，可助你放鬆身心，恢復活力。這項溫和、低衝擊的課程有助於提高靈活性、緩解肌肉緊張並改善體態。它適合所有年齡和體能水平的人士參加，以一種平靜有效的方式，幫助你釋放壓力、預防肌肉僵硬，並促進整體健康。課程於星期五舉行，適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Friday 4th, 11th, 18th & 25th July  
Time : 3:00pm – 4:00pm  
Venue : Aerobics Room  
Price : Member \$720, Guest \$1,200 (for 4 lessons)  
Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only

## Schedule in July 七月份課程

### Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

### Tuesday

Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)

### Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
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### Thursday

Yoga	10:30am – 11:30am (C)
Jazz Dance *New Class	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

### Friday

Yoga	10:30am – 11:30am (D)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

### Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)

### Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Sunday Social Tennis	5:00pm – 7:00pm

\*Members can sign up for various group classes at 2/F Sports Desk on or after the 25<sup>th</sup> of each month for the next month's classes.

康體部於每個月25日開始接受下個月份各類團體課程的報名。

\*Guests will be put on waiting list, as Members will have first priority for enrollment. 會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

To enroll in these classes, please contact the 2/F Reception on 2118 1890. 報名參加以上課程，請致電 2118 1890。



# Club Bar Endless Shrimp Feast

## 會所酒吧 — 鮮蝦美食任食優惠

This month at the Club Bar, savour the luxury of unlimited shrimp dishes, served without shells, heads or tails. Each dish is freshly prepared and delivered to your table as often as you wish.

Begin with any three selections. When those are finished, choose two more. Continue at your own pace until your shrimp cravings are fully satisfied!

Please note, this experience is exclusively for individual enjoyment. Sharing is not permitted.

於7月份前來會所酒吧，大家可以盡情享用無限量供應的鮮蝦美食。所有美食都會先去除蝦殼、蝦頭及蝦尾，然後新鮮烹調成不同菜式，並根據你的喜好隨時送到你的餐桌上。

首先從選擇三種菜式開始。享用完後，再選擇兩種。按照你的節奏繼續享用，直到你完全得到滿足為止！

請注意，此美食優惠僅限一人享用，不可與他人共享。

The Club Bar Endless Shrimp Feast is available daily  
from 12:00noon to 8:00pm (last order)

\$299 per person

鮮蝦美食任食優惠供應時間：中午12時至晚上8時（最後點菜時間）  
每位\$299

### Terms & Conditions 條款及細則

- Offer is available for one person only, sharing is not permitted 此優惠僅限一人享用，不可與他人共享。
- Offer is for in-house consumption only. Take-away is not permitted and take-away containers will not be provided 此優惠僅限堂食，不可外帶，本會亦不提供外帶餐盒。
- Offer is limited to 120 minutes from the time of first order 此優惠有效期限為首次點餐後的120分鐘內。
- Add-on Menu items are available only to guests taking the Endless Shrimp Feast 附加單點菜式僅給予惠顧「鮮蝦美食任食優惠」的客人享用。
- Items from the Add-on Menu are an additional charge, single serving only and not unlimited 附加單點菜式需額外收費，僅限單份，不可無限量享用。
- Reorders are only permitted once all previously served dishes have been finished 客人必須食完所有已上桌的餐點後方可再次點菜。
- No Happy Hour discount is applicable 不設歡樂時光優惠。

### Shrimp Menu 鮮蝦菜式

(unlimited for 120 minutes / 120 分鐘任食)

- » Spanish-style Garlic Shrimps
- » Shrimp Spaghetti Alfredo
- » Popcorn Shrimps with Sweet Chilli Sauce
- » Mediterranean Spiced Shrimp Skewer
- » Hot and Spicy Shrimps with Honey Drizzle

### Single Serving Add-on Menu 附加單點菜式

(Extra Charge and One Serving Only and only applicable with Endless Shrimp Feast / 每份需額外收費，並僅於「鮮蝦美食任食優惠」期間供應)

- » New England Clam Chowder \$45
- » Double cooked French Fries or Corn Succotash or Mac & Cheese or Mixed Green Salad \$45
- » Hot or Iced Coffee, Cappuccino, Latte, English Breakfast Tea, Lemon Tea, Earl Grey Tea \$22
- » Soft Drink (Coke, Fanta, Sprite) \$22
- » Standard Long Drink (Gin and Tonic, Vodka Tonic) \$50
- » Standard Cocktail (Margarita, Bloody Mary, Negroni, Dry Martini) \$70

# Rice in Winter Melon Soup

## 冬瓜粒湯飯

On hot and humid days, it's not uncommon for the appetite to wane. During this time of year, many people turn to cooling foods, and winter melon is especially popular. Naturally high in water content and dietary fibre, it's known for its hydrating, heat-relieving and detoxifying properties.

This month, I'm pleased to share a light and nourishing recipe: Rice in Winter Melon Soup. A simple yet satisfying dish, perfect for warmer weather. Enjoy!

在潮濕悶熱的天氣裡，難免令人食慾大減，因此在這幾個月裡，很多人都喜歡食用一些可以消暑的食物，而冬瓜是特別受歡迎的選擇。冬瓜含有大量水份，膳食纖維高，能為人體補充水分、清熱降火及排毒。

在今期的「每月食譜」中，我很高興為大家介紹一道清淡又有營養的菜式：冬瓜粒湯飯，做法簡單又能滿足大家的胃口，最適合在暑熱天氣時食用，希望大家喜歡！



By Chef Yip Tsang Keung  
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅

### METHOD:

1. Dice a portion of the winter melon with the skin on, and peel and dice the remainder.
2. Peel and dice the luffa.
3. Bring 4 bowls of water to a boil. Add all the winter melon, luffa, and carrots, and simmer for 15 minutes. Strain the ingredients and set them aside, reserving the soup.
4. Remove the heads, tails, and shells from the shrimps. Blanch them in boiling water along with the scallops, diced mushrooms, and diced meat for 3 minutes. Set aside.
5. Add 2 bowls of chicken soup to the reserved winter melon soup and bring to a boil.
6. Return the winter melon, luffa, and the ingredients from Step 4 to the pot. Add a little salt and simmer for 2 to 3 minutes.
7. Pour the soup and all ingredients over rice and serve.

Enjoy your refreshing and nourishing bowl of Rice in Winter Melon Soup.

### 製作方法：

1. 保留部分冬瓜連皮切粒，其餘的去皮切粒。
2. 勝瓜去皮切粒。
3. 煲滾4飯碗水，然後放入所有冬瓜粒、勝瓜粒、紅蘿蔔，再煲15分鐘。隔起所有食材，保留湯底，備用。
4. 鮮蝦去頭尾、去殼，連同帶子、冬菇粒、肉粒放入滾水內灼3分鐘。倒起備用。
5. 在之前保留的冬瓜湯底中加入兩飯碗的清雞湯，煲滾。
6. 然後將冬瓜粒、勝瓜粒、步驟4的材料放回湯中，加少許鹽調味，再煲2-3分鐘。
7. 最後將所有食材及湯加入白飯中，即可享用。

齊來享用一碗清爽又滋補的冬瓜粒湯飯。

### INGREDIENTS (FOR 3 – 4 PERSONS):

• Winter Melon	500g
• Japanese Scallops	8, cut in half
• Fresh Shrimps	8
• Luffa	Half
• Pork	400g, cut into cubes
• Carrot	A little, cut into small dices
• Fresh Black Mushrooms	4, cut into small dices
• Chicken Soup	2 rice bowls
• Salt	A little
• Rice	for 3 - 4 persons

### 材料（3 - 4人用）：

• 冬瓜	500克
• 日本帶子	8粒，切半
• 鮮蝦	8隻
• 勝瓜	半條
• 豬肉	400克、切粒
• 紅蘿蔔	少許、切粒
• 鮮冬菇	4隻、切粒
• 清雞湯	兩飯碗
• 鹽	少許
• 白飯	3 - 4人量

# Christmas in Summer Buffet

## 夏日聖誕自助餐



Join us for our **Christmas in Summer Buffet** - a festive feast that will make you feel like it's already December! With only 22 weeks to go until Christmas, let's celebrate the magic early on 25th July!

Indulge in a fully decorated Christmas setup featuring Egg Nog and Mulled Wine, roasted Turkey and Ham, Truffles and Foie Gras, Red Cabbage and Brussels Sprouts, Parsnips, Pumpkins, premium Seafood, Mince Pies, Cinnamon Ice Cream and much more.

**Get creative and design your own Christmas-themed jumper. Wear it proudly all night, and the most creative attire wins complimentary food and drinks for the evening!**

And as an added treat, Santa Claus has promised to drop by from his summer holidays for some festive photos with Members!

Date : Saturday, 26th July  
Time : Dinner  
Venue : The Island View Restaurant  
Price : Adults \$498, Children 6 - 12 years \$328, 3 - 5 years \$208  
Reservations : 2118 1846

等不及聖誕節的到來？我們也不能！

前來享用我們的夏季聖誕自助晚餐 — 一場讓你感覺已經進入12月的節日盛宴吧！距離聖誕節只剩下22週了，讓我們於7月26日（星期六）提早一些慶祝這個令人期待的節日！

請盡情享用充滿節日氣氛的傳統聖誕美食，包括蛋奶酒及熱紅酒、烤火雞及火腿、松露及鵝肝、紅椰菜及孢子甘藍、芹菜蘿蔔、南瓜、優質海鮮、餡餅、肉桂雪糕等。

當晚，大家還可以發揮創意，設計自己的聖誕主題毛衣！自豪地穿著自創毛衣一整晚，同時又贏得「最具創意毛衣大獎」的得獎者，可以免費享用當晚的晚餐及飲品！

為了增添大家的過節感覺，正在放暑假的聖誕老人還承諾會抽空前來與會員合照留念！

晚餐收費：成人 \$498

小童 6-12歲：\$328；3-5歲：\$208

訂座請致電 2118 1846。

# Australian Black Truffle Celebration at Pier 6

## Pier 6餐廳 - 澳洲黑松露慶典



From 10th to 20th July, Pier 6 invites you to indulge in the rich, unmistakable flavour of Australian Black Truffles with a special menu prepared by Chef Daniel. Known as the "Black Gold from Down Under," these exquisite truffles rival the finest from France and Italy, offering deep, earthy aromas and luxurious depth in every bite.

Originally cultivated from French Périgord spores and carefully nurtured in Australian soil, these truffles have earned their place among the world's most sought-after delicacies. Chef Daniel's menu highlights their full character across a series of elegant dishes, available for a very limited time only.

Date : 10th - 20th July  
Venue : Pier 6 Restaurant  
Reservations : 2118 1878

於7月10日至20日期間，Pier 6餐廳邀請大家前來品嚐由 Chef Daniel 精心烹調的特色菜單，感受濃郁獨特的澳洲黑松露風味。這些被譽為“來自南半球的黑黃金”的優質松露，堪比法國和意大利的頂級松露，每一口都散發著濃郁的土壤香氣和奢華的口感。

這些松露最初是從法國 Perigord 松露實體孢子中培植出來，並在澳洲的土壤中精心培育，已成為全球最受歡迎的美味佳餚之一。Chef Daniel 的菜單將透過一系列精緻的菜餚充分展現這松露的特色，

## Season's End Celebration Truffle Night 季末慶典松露之夜

Join us for one final celebration of this year's Australian Black Truffle harvest with a special six-course menu at Pier 6. Each dish is thoughtfully paired with your choice of alcoholic or non-alcoholic beverages, designed to bring out the full depth of flavour in every course.

**\$1,388 per person**

Early booking rate: \$998 per person if confirmation letter is signed on/before 10th July.

歡迎蒞臨 Pier 6 餐廳，與我們一起享用共有6道菜式的特別晚餐，以慶祝今年澳洲黑松露的大豐收。每道菜式都會配搭你所選擇的葡萄酒或非酒精飲品，旨在充分地展現其濃郁風味。

晚餐收費：每位\$1,388

「早鳥優惠」— 於7月10日前簽署訂枱確認信：每位\$998

座位有限，請即致電 2118 1878 訂座。

Sunday, 20th July  
7月20日 (星期日)

### Menu

**Black Truffle and Egg Custard**

\*\*\*

**Black Truffle and Chicken Oyster**

\*\*\*

**Black Truffle and Artichoke Velouté**

\*\*\*

**Black Truffle and Dover Sole**

\*\*\*

**Black Truffle and Reblochon Cheese**

\*\*\*

**Black Truffle and Madagascar Vanilla**

Spaces are limited. Please call 2118 1878 to reserve your table.

# Chef Keung's Favourite Bites

at Bauhinia

紫荊閣 — 強師傅舌尖上的美食

This month, take a nostalgic journey "Back to the Old Days" at Bauhinia Restaurant with a special menu featuring some of Chef Keung's most beloved classic dishes. July's highlights include Deep-fried Chicken with Butter and Lemon, as well as Baked Fish Intestine with Egg,

Date : 1st - 31st July  
Venue : Bauhinia  
Reservations : 2118 1892

於7月份，強師傅將會在紫荊閣為大家送上多款以“回想當年”為主題的懷舊菜式，包括牛油檸檬雞、懷舊雞蛋焗魚腸等，還有其他豐富菜式，請勿錯過。

訂座請致電 2118 1892。

\* Photograph of dish is for reference only 食物相片只供參考

## Lychee Afternoon Tea at The Island View Restaurant & Oyster Bar

Island View 餐廳及 Oyster Bar — 下午茶美食 — 荔枝

Throughout July, discover the sweetness of lychees at our Lychee Afternoon Tea, featuring two of China's finest varieties, Feizixiao and Dazao. Celebrated for their intense fragrance and exceptional juiciness, these prized fruits form the heart of each delicate creation by our pastry team.

Available daily from 2:00pm to 5:30pm

\$148 per person, inclusive of tea or coffee

於7月份，歡迎大家前來 Island View 餐廳及 Oyster Bar 享用我們以荔枝為主題的下午茶美食，當中包括中國其中兩種最佳的荔枝品種 — 妃子笑和大造。這些珍貴水果以其濃郁的香氣和異常多汁而聞名，是我們糕點團隊製作每款精緻糕點的主角。

下午茶美食供應時間：每日下午2時至5時30分

收費：每位\$148，包括咖啡或紅茶

# Namaste India

## Indian Delights Buffet at The Island View

### Island View餐廳 – 印度美食自助餐

Join us for a special evening at The Island View Restaurant as our very own Chef Singh takes diners on a culinary journey through India. A familiar face in the Pacific Club kitchens, Chef Singh brings his heritage and passion to life with an evening buffet that showcases the depth and diversity of Indian cuisine.

Enjoy the bold flavours of his Tandoori specialities, slow-cooked Curries and Dhal, fragrant Biryani, Samosas, Pani Puri and much more. Finish with a selection of traditional Indian desserts and a freshly brewed cup of Chai, prepared just as it should be.

**For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.**

誠邀大家於7月25日（星期五）蒞臨 Island View 餐廳與我們共度一個特別的夜晚，讓本會的印度籍廚師 Chef Singh 帶領大家踏上印度美食之旅。Chef Singh會將其家鄉的傳統與熱情融入這場自助晚餐中，展現印度美食的深度及多樣性。

盡情享用惹味的印度燒烤特色美食、慢煮咖哩和扁豆、香濃的印度香飯、咖喱角、油炸脆球等。最後，再來享用各式各樣的傳統印度甜品和一杯新鮮調製的印度奶茶，作為完美結束。

晚餐收費：成人 \$448；小童 6-12歲 \$295，3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Date : Friday, 25th July

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$448, Children 6-12 years \$295, 3-5 years \$208

Reservation : 2118 1846



## Chef's Pick:

# Japanese Ebisu Oysters

### 主廚推介：日本惠比壽生蠔

Savour the exceptional flavour of Japanese Ebisu Oysters at Oyster Bar and Pier 6 this month. A personal favourite of our Chef, these premium oysters are prized for their creamy texture and clean, refined finish.

Half Dozen \$350

Full Dozen \$680

Available from 1st July for a limited time only at the Oyster Bar and Pier 6

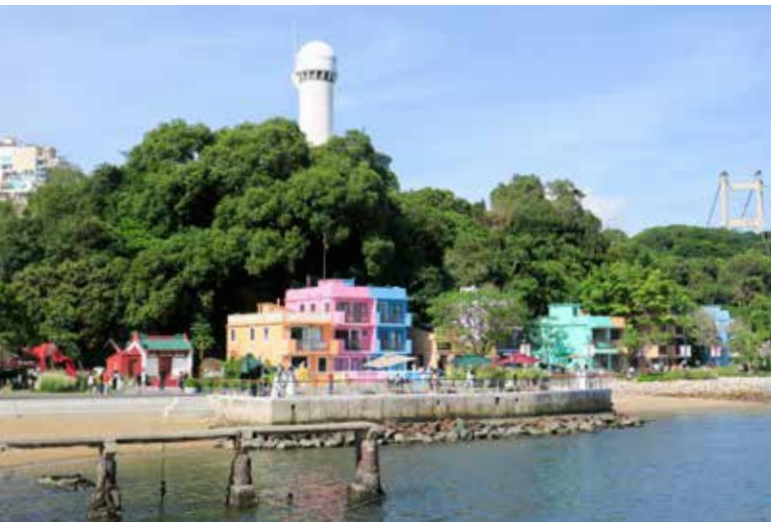
於本月份，歡迎前來 Oyster Bar 及 Pier 6 餐廳品嚐風味獨特的日本惠比壽生蠔。這種優質生蠔是我們主廚的最愛之選，以其肥美肉質及清爽細膩的口感而備受讚譽。

半打：\$350

一打：\$680

由 7 月 1 日起，僅於 Oyster Bar 及 Pier 6 餐廳限時供應

Words and pictures 撰文及圖片: Pete Spurrier



# Ma Wan 1868

## 馬灣 1868

The old fishing town of Ma Wan, which was vacated 20 years ago, has now been renovated into a family-friendly arts and crafts village called "Ma Wan 1868". You can make an easy circuit there and back from the modern Park Island development.

*This trail is short and easy. Walking time: 2 hours.*

There are various ways to get to Park Island, which lies in the channel between Lantau Island and Tsing Yi, on the route of the airport bridge and railway. For ease of hiking directions, we'll look at two routes: by ferry from Central, and from Tsuen Wan by bus.



The boat leaves from Central Ferry Pier No. 2, and arrives at Park Island in about 25 minutes. Walking out of the pier, turn left at the tree-shaded piazza and walk along the promenade, keeping the beach on your left. Then turn left onto Pak Yan Road, following the signs for the Noah's Ark theme park. Keep going straight ahead, until you see the big lettering for Ma Wan 1868 just past the fire station.



If you come by bus, the service NR331 leaves from Sai Lau Kok Road, outside Tsuen Wan MTR Station Multi-Storey Car Park. It's a 23-minute journey ending with a crossing of the Tsing Ma bridge. When the bus arrives on the island, it does a quick circuit of the resite villages where some people were rehoused from the old town. Stay on until the last stop. You can see the sign for Ma Wan 1868 just over the road.

There are also two brand-new weekend "pet bus" services to this point, PBS1 from Tsuen Wan and Tsing Yi and PBS2 from Central and Kowloon, for people who want to travel with their dogs (or other creatures).



Follow the sign, and a few minutes later you're at the typhoon shelter of the old town. Dragonboats and other small vessels are moored up behind the breakwater. Ahead of you stretches a line of renovated and brightly painted old houses which are now art galleries, ceramic workshops, coffee shops and the like. The waters of the Kap Shui Mun channel here are some of the quickest-moving in Hong Kong, and they are now crossed at great height by the Kap Shui Mun bridge, which towers above the scene.

Walk on past the Tin Hau temple and the piers. On our Sunday visit, there were plenty of people out enjoying the views and taking part in open-air activities outside the art studios.

At the far end of the town, beside the Ma Wan Rural Committee, there's a stone tablet reading "Kowloon Customs" which records the existence of a Qing-dynasty Imperial Maritime Customs checkpoint. It was set up here to levy taxes on ships carrying goods from Hong Kong in the direction of the Pearl River and Canton, and it operated until 1899.

Coming back, bear left towards the town's back street, and then follow a paved track that rises uphill. Turn left at the top and you'll find a heritage exhibition in the island's old schoolhouse. It includes fishing, farming and cooking implements from the old days, and the remains of a Tang-dynasty lime kiln.



The track ends at a road. Walk to the first junction and turn left, and you'll see the pretty Fong Yuen Study Hall below the road's level. Follow the signs to get to it. Built in the 1920s as a rural school, it now houses a small museum of Ma Wan residents. Behind the study hall, you can take steps up to make a short detour to a new Tin Hau temple which has a nice view over a bay full of fish rafts.

Going back to the road, bear left and follow it until you reach a junction, where you should turn left again and follow it past a beach. This will return you full circle to the island's ferry pier, and if needed, you can walk onwards along the promenade back to the bus stop.





馬灣，這座 20 年前漁民已撤離的古老漁村，如今已被翻新，成為一個適合家庭遊玩、文化與藝術共存的社區，名為「馬灣 1868」。你可以經由現時正在發展的珀麗灣輕鬆往返。

這條步行徑短而易走。步行時間：兩小時。



珀麗灣位於大嶼山和青衣之間的海峽上，沿著機場大橋和鐵路線而建，有多種方式前往珀麗灣。為了方便你規劃行程，我們將介紹兩條路線：從中環乘搭渡輪，以及從葵涌乘搭巴士。

渡輪從中環 2 號碼頭出發，約 25 分鐘即可抵達珀麗灣。走出碼頭，在綠樹成蔭的廣場左轉，沿著海濱長廊行走，海灘一直位於你的左側。然後左轉進入珀欣路，跟隨挪亞方舟主題公園的指示牌前進。繼續直行，直至看到設於消防局後的「馬灣 1868」幾個大字。

如果你想乘搭巴士前來，NR331 號巴士從西樓角路（位於港鐵荃灣站多層停車場外）出發，全程 23 分鐘，途經青馬大橋。當巴士抵達島上後，會快速繞行經過一些舊城區居民遷入的村落。繼續前行至終點站，你會看到「馬灣 1868」的標誌就在馬路對面。

現今還有兩條全新的週末「寵物巴士團」服務線到達此處，分別是從荃灣和青衣出發的 PBS1，以及從中環和九龍出發的 PBS2，適合想要攜帶愛犬（或其他寵物）一同旅行的人士。

沿著指示牌走，幾分鐘後你就到達了舊城區的避風塘，有龍舟和其他小型船隻停泊在防波堤後方。眼前是一排經過翻新、色彩鮮豔的老房子，如今它們變成了藝廊、陶瓷工坊、咖啡館等。這裡的汲水門海峽是香港水流最湍急的水道之一，如今，高聳入雲的汲水門大橋橫跨其中，氣勢磅礴。

繼續前行，經過天后廟和多個碼頭。我們於週日前去的時候，看到很多人在欣賞美景，並在藝術工作室外參加戶外活動。

在小鎮的盡頭，馬灣鄉事委員會旁邊有一塊寫著「九龍關」的石碑，記錄著滿清政府海關稅務司署的存在。該海關設立於此，負責向從香港往珠江和廣州方向運送貨物的船隻徵稅，一直運作到 1899 年。



回頭走時，左轉進入小鎮的後街，然後沿著一條鋪砌好的小路向山上走。在山頂左轉，你會發現島上一間古老的校舍，內裡有一個文化遺產展覽，展覽內容包括昔日的漁獵、農耕和烹飪用具，以及一座唐代石灰窯的遺跡。

這條小路的盡頭是一條公路。走到第一個路口左轉，你會看到位於路邊、美麗的芳園書室，沿著路標走就可以到達。芳園書室建於 1920 年代，最初是一所鄉村學校，現在是馬灣居民的小型博物館。從書室後面，你可以拾級而上，繞道前往一座新建的天后廟，那裡可以俯瞰停泊著魚排的海灣，景色優美。

回到公路上，左轉，一直走到一個路口，再左轉，沿著路口經過一片海灘，這樣你就能繞一圈回到島上的渡輪碼頭。如果需要，你可以沿著海濱長廊步行回到巴士站。



## Hugo Spritz The Taste of Summer

Whether you're marking the end of a long day or easing into the weekend, the Hugo Spritz is summer in a glass.

The Hugo Spritz combines elderflower cordial, sparkling wine or soda water, fresh mint, and a splash of lime for a light and refreshing drink that's perfect with or without alcohol.

Ask for yours at all outlets throughout July.

### Hugo Spritz 雞尾酒

迎接夏天來臨！

無論是你正在結束漫長的一天，還是輕鬆地度過週末，Hugo Spritz 都是一款最適合夏日品嚐的飲品。

Hugo Spritz 是一款混合了接骨木花甜果汁、氣泡酒或蘇打水、新鮮薄荷和少許青檸，調配成一款輕盈清爽的飲品，含酒精或不含酒精均可。

現於整個 7 月份，你都可以在會所各餐廳及酒吧享用。

\$68 per glass for non-alcoholic (無酒精 / 每杯)

\$88 per glass for alcoholic (含酒精 / 每杯)





## Explore Italy: Regional Culinary Highlights 意大利地區菜式

Join us at Capricci this July for a culinary journey through Italy. Each week, our chefs present a menu inspired by a different region, showcasing both beloved classics and lesser known specialities from the country that gave the world some of its finest food traditions.

**8th to 13th – Emilia-Romagna**

**15th to 20th – Sicily**

**22nd to 27th – Piedmont**

Reservations: Call Capricci on 2118 1803

於7月份，歡迎大家參加在Capricci餐廳舉行的意大利美食之旅。我們的廚師團隊會參考意大利這個提供世界上一些最精緻美食的傳統國家中不同地區的特色菜餚，然後每個星期準備一份我們的獨特菜單，展示多款深受大眾喜愛的經典菜餚和鮮為人知的特色菜。

8日至13日：艾米利亞-羅馬涅區

15日至20日：西西里區

22日至27日：皮埃蒙特區

訂座請致電2118 1803。



## Oyster Fridays Are Back! Every Friday Night at the Club Bar 週五「盡享生蠔」之夜再度歸來！ 每個星期五晚上在會所酒吧舉行

Start the weekend in style with freshly-shucked Oysters, served by the piece with your choice of classic Mignonette and Lemon or a Spicy Bloody Mary Shot.

Pair your Oysters with a glass of selected Champagne at a special price of \$78 and toast to a refined Friday evening.

Date : Every Friday in July

Venue : Club Bar

於7月份逢星期五晚上前來會所酒吧，以品嚐即叫即開的新鮮生蠔來開啟美好的週末。生蠔將以每隻計算，配搭香草檸檬醬或辣味血腥瑪麗酒一同享用。

更可同時享用精選香檳來配搭生蠔，每杯只需\$78。

齊來為快樂的星期五夜晚乾杯！



# Junior Summer Programme 2025

## 兒童暑期活動 2025



Children's Development 兒童智能啟發

### STEM: New Era Science Explorer (6 – 12 years)

This engaging class introduces children to the wonders of science through a series of fun and interactive experiments. Each session explores real-world scientific concepts, brought to life through hands-on activities and clear, guided explanations. Ideal for young learners with curious minds, this session encourages exploration, critical thinking, and a deeper understanding of the science all around us.

#### STEM新紀元科學探索家 (6 — 12歲)

本課程透過一系列有趣且互動的實驗向孩子們介紹科學的奇妙，探索現實世界的科學概念，並透過實踐活動和清晰的指導性解釋將其變為現實。課程非常適合具有好奇心的年輕學習者，鼓勵他們探索、批判性思考以及更深入地了解環繞著我們的科學。

課堂內容參考：自製迷你小鋼琴、智能AI聲控小枱燈

Date : Friday 1st August  
Time : 10:00am – 12:30pm  
Venue : Harbour Room, 1/F  
Price : Member \$850, Guest \$900

### STEM: Interstellar Technology Laboratory (6 – 12 years)

This class sparks children's curiosity about circuits and scientific experimentation through a series of fun, hands-on activities. Blending scientific principles with DIY assembly and interactive experiments, the session allows young learners to build, test, and explore technology in a playful, space-themed environment.

#### STEM星際科技實驗室 (6 — 12歲)

這課程透過一系列有趣且實用的科學活動激發孩子們對電路裝置和科學實驗的好奇心。課程將科學原理與 DIY 組裝和互動實驗相結合，讓他們在有趣的太空主題環境中建立、測試和探索技術。

課堂內容參考：探索微世界：科學顯微鏡、自然力量：災害科學實驗、電學奇妙：電路積木實驗

Date : Wednesday 13th August  
Time : 1:00pm – 3:30pm  
Venue : Harbour Room, 1/F  
Price : Member \$950, Guest \$1,000



### STEM Electric Ride Theme Park (6 – 12 years)

This imaginative course uses playgrounds as inspiration to spark children's interest in science. As they design and build their own mini amusement park rides, participants explore key scientific principles through hands-on experimentation and creative model-making. This class is a fun and engaging way to connect play with real-world science and discovery.

#### STEM電動機動遊戲主題公園 (6 — 12歲)

這個富有想像的課程以遊樂場為靈感，激發孩子們對科學的興趣。在設計和建造自己的迷你遊樂園設施時，孩子們可透過親身實驗和創意模型製作來探索關鍵的科學原理。這課程以一種有趣且引人入勝的方式將遊戲與現實世界的科學和發現聯繫起來。

課堂內容參考：機動飛天鞦韆製作、機動摩天輪製作、科學原理講解

Date : Friday 1st August  
Time : 1:00pm – 4:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,030



### STEM: Science Toy Designer (3 – 6 years)

Designed for curious young minds, this morning class, held over two sessions, introduces science through playful, hands-on creation. Using a variety of materials, children will design and build their own simple science toys, encouraging creativity, problem-solving, and early scientific thinking.

#### STEM科學玩具設計師 (3 — 6歲)

這課程專為充滿好奇的孩子們而設計，分為兩節課堂，透過有趣的動手創作來介紹科學。孩子們將使用各種材料設計和製作自己的簡單科學玩具，以激發創造力、解決問題能力和早期科學思維。

課堂內容參考：迷你手提吸塵機、卡通黏土磁力實驗、電路積木小實驗、電動旋轉飛碟

Date : Wednesday & Friday 6th & 8th August  
Time : 10:00am – 12:00noon  
Venue : Playroom Library, 1/F  
Price : Member \$980, Guest \$1,080

### STEM: Science Model Design Academy (6 – 12 years)

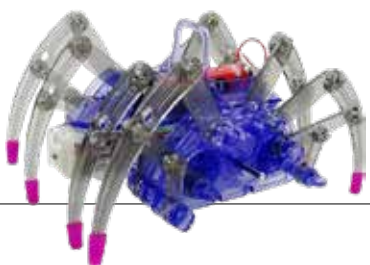
This class introduces children to the world of science, technology, and engineering through hands-on model making and creative problem solving. With a focus on design thinking, participants will learn to experiment, build, and test their ideas while exploring fundamental scientific principles.

#### STEM科學模型設計學院 (6 — 12歲)

本課程透過模型製作和問題解決技巧向孩子們介紹科學、技術和工程的世界，鼓勵小朋友動手實驗，並帶領他們探索科學的基礎知識，通過實踐活動和創新思維，了解科學、技術、工程的基本概念。

課堂內容參考：神奇懸浮燈、自製電動機械人

Date : Wednesday 13th August  
Time : 10:00am – 12:30pm  
Venue : Harbour Room, 1/F  
Price : Member \$850, Guest \$900



### STEM: Science Experimentation (3 – 6 years)

This course encourages young children to explore the world of science through fun, age-appropriate experiments. With gentle guidance from instructors, children will take part in hands-on projects that spark curiosity, introduce basic scientific ideas, and nurture logical thinking and problem-solving skills. Each session is designed to surprise, delight, and inspire a love of discovery.



#### STEM科學變變變 (3 — 6歲)

這課程鼓勵幼兒透過有趣、適合年齡的實驗來探索科學世界。在導師的悉心指導下，他們將參與實踐項目，激發好奇心，了解基本的科學思想，培養邏輯思維和解決問題的能力。每個課程都旨在給他們帶來驚喜、愉悅並激發探索的好奇心。

課堂內容參考：電動小風扇、自製迷你小枱燈、電動模擬乾衣機、大眼仔潛望鏡

Date : Wednesday & Friday 6th & 8th August  
Time : 12:00noon – 2:00pm  
Venue : Playroom Library, 1/F  
Price : Member \$980, Guest \$1,080

For enrollment, please contact the 2/F Reception on 2118 1890. 報名請致電2118 1890。



# Junior Summer Programme 2025

## 兒童暑期活動 2025



### Children's Development 兒童智能啟發

#### Math Challenge (6 – 11 years)

This dynamic course uses engaging games and challenges to spark children's enthusiasm for mathematics. Through hands-on activities, participants develop problem-solving skills, logical thinking, and a more positive approach to learning maths.



#### 數學大比拼 (6 – 11歲)

這充滿活力的課程將以有趣的遊戲和挑戰來激發孩子們對數學的興趣，透過實踐活動以培養解決問題的能力、邏輯思維和更積極的數學學習方法。

課堂內容參考：益智數學測試、數學遊戲大比拼、數學邏輯遊戲、數學IQ題大搶答、數學思維培訓

Date : Monday & Wednesday 21st & 23rd July

Time : (A) 10:00am – 12:00noon  
(B) 12:00noon – 2:00pm

Venue : Room TWO, 1/F

Price : Member \$920, Guest \$1,020

Age : (A) 6 – 8 years, (B) 9 – 11 years

#### Math Logical Thinking Course (3 – 6 years)

Designed for early learners, this course nurtures a love for mathematics during a key stage of cognitive development. Through playful activities and practical exploration, children are introduced to fundamental mathematical concepts in a clear and engaging way. The course builds confidence, encourages flexible thinking, and lays a strong foundation for future learning.

#### 幼兒數學邏輯思維課程 (3 – 6歲)

這課程專為早期學習的幼兒而設計，抓住他們思維啟蒙的黃金期培養對數學的熱愛。透過有趣的活動和實踐探索，他們可以以清晰有趣的方式了解基本的數學概念。課程可以建立信心，鼓勵靈活思考，並為未來的學習奠定堅實的基礎。

課堂內容參考：數學概念和技巧、具備思維及邏輯元素、規律與推理、數學思維練習、數學教學遊戲

Date : Wednesday & Friday 6th & 8th August

Time : 2:00pm – 4:00pm

Venue : Playroom Library, 1/F

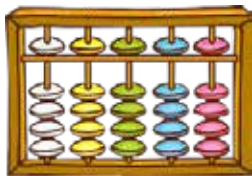
Price : Member \$920, Guest \$1,020

#### Abacus Mental Arithmetic Course (6 – 12 years)

This course develops mental agility and sharpens calculation skills through structured abacus training. By combining visual, tactile, and mental techniques, children learn to perform rapid and accurate arithmetic while also enhancing concentration, memory, imagination, and overall cognitive ability. The sessions build confidence, support emotional development, and foster a more positive, proactive attitude towards learning. Each student will receive their own abacus for use during the class.

#### 珠心算腦力全開課程 (6 – 12歲)

這課程透過結構性的珠心算訓練來培養孩子們的思維敏捷性並提高運算能力，透過結合視覺、觸覺和心理技巧以學會快速且準確地進行算術運算，同時提高注意力、記憶力、想像力和整體認知能力，同時可以增強信心、支持情感發展並培養更積極主動的學習態度。每位學生都會收到自己的算盤，供課堂上使用。



課堂內容參考：認識算盤的基本運作、算盤的結構認識、撥珠要求，基礎撥珠指法訓練、珠心算基礎及珠心算直加直減、湊數、補數、差數加減運珠原理、珠算術語、珠心算大賽

Date : Monday & Wednesday 21st & 23rd July

Time : 2:00pm – 4:00pm

Venue : Room TWO, 1/F

Price : Member \$920, Guest \$1,020

#### Japanese Communication Course (6 – 12 years)

Step into the world of Japanese with a course designed to make language learning exciting and fun! Through interactive games, role-play, and real-life conversations, children pick up essential communication skills in a natural and engaging way. With a focus on speaking and listening, this class builds confidence, sparks curiosity, and sets the stage for a lifelong interest in the Japanese language.

#### 日文基礎溝通用語 (6 – 12歲)

透過讓語言學習變得令人興奮和有趣的課程，踏入日語世界！透過互動遊戲、角色扮演和真實生活中的對話，孩子們以自然而有趣的方式掌握必要的溝通技巧。這課程著重口語和聽力，旨在建立自信、激發好奇心並為對日語的興趣奠定基礎。



課堂內容參考：掌握日語發音、日文五十音片假名和平假名、運用簡單會話、了解日本的一般禮儀及文化、情景會話、角色扮演

Date : Monday & Wednesday 4th & 6th August

Time : 1:00pm – 3:30pm

Venue : Harbour Room, 1/F

Price : Member \$1,200, Guest \$1,300

#### Korean Communication Course (6 – 12 years)

Get ready to speak Korean with confidence! This vibrant course introduces children to Korean through fun, interactive lessons that focus on pronunciation, sentence patterns, and everyday vocabulary. With activities like role-play and real-life conversations, kids stay engaged while building practical language skills.



#### 韓文基礎溝通用語 (6 – 12歲)

準備好自信地說韓語吧！這個充滿活力的課程透過有趣的互動方式向孩子們介紹韓語，重點是發音、句子結構和日常詞彙。透過角色扮演和真實對話等趣味十足的活動，孩子們可以保持參與並培養實用的語言技能。

課堂內容參考：掌握韓語發音、日常生活常用詞彙、運用簡單會話、了解韓國的一般禮儀及文化、情景會話、角色扮演

Date : Monday & Wednesday 4th & 6th August

Time : 10:00am – 12:30pm

Venue : Harbour Room, 1/F

Price : Member \$1,200, Guest \$1,300

#### Mandarin Communication Course (6 – 12 years)

Discover the joy of speaking Mandarin at this morning course at the Club! With poetry recitation, fun language games, and engaging activities, children build strong communication skills in a relaxed, supportive setting. The approach keeps learning light and enjoyable, helping young learners grow in confidence while developing a genuine interest in the Mandarin language.

#### 標準普通話溝通用語 (6 – 12歲)

在課程中發現講普通話的樂趣！透過詩歌朗誦、有趣的語言遊戲和引人入勝的活動，讓孩子們在輕鬆、互動的環境中建立強大的溝通技巧。這種方法使學習變得輕鬆有趣，幫助他們增強自信心，同時培養對普通話的興趣。

課堂內容參考：普通話語音訓練如聲母、韻母、聲調；掌握拼音能力、學會普通話詞彙、情景會話、角色扮演、訓練聆聽能力、演說故事比賽

Date : Thursday & Friday 17th & 18th July

Time : 10:00am – 12:00noon

Venue : Harbour Room, 1/F

Price : Member \$900, Guest \$1,000



## Play Group 趣味學習

### English Drama Academy (3 – 12 years)

Our experienced instructor leads this interesting class that includes storytelling skills, role play, script writing, dance, speech, prose and narration. This class aims at developing participants' creativity, improving language and communication skills, enhancing problem-solving techniques and building self-confidence.



#### 英語話劇訓練班 (3 — 12歲)

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。

Date : Monday  
(A) (B) 7th, 14th, 21st & 28th July  
(C) (D) 4th, 11th, 18th & 25th August  
Time : (A) (C) 5:30pm – 6:30pm  
(B) (D) 4:30pm – 5:30pm  
Venue : Gym Activities Room, 1/F  
Price : Member \$800, Guest \$1,000  
Age : (A) (C) 3 – 5 years, (B) (D) 6 – 12 years

### Chinese Chess Master (6 – 12 years)

Ready to outthink your opponent and master the art of strategy? This exciting course introduces children to the fundamentals of Chinese chess, covering key tactics, smart piece movement, and game-winning strategies. Through classic match scenarios and endgame challenges, young players will learn how to read the board, plan ahead, and solve problems with confidence and precision.

#### 小小象棋大師 (6 — 12歲)

準備好智勝對手並掌握戰略藝術了嗎？這個令人興奮的課程向孩子們介紹中國象棋的基礎知識，包括關鍵戰術、巧妙的棋子移動和致勝策略。透過經典的戰局和殘局挑戰，幫助孩子們學會如何閱讀棋盤、提前計劃並自信而準確地解決問題。



Date : Monday & Wednesday 28th & 30th July  
Time : 1:00pm – 3:00pm  
Venue : Room ONE, 1/F  
Price : Member \$950, Guest \$1,050

### English Story Performer (6 – 11 years)

This course is designed to enhance students' English communication skills and confidence through enjoyable and relaxed speech training. With a focus on practical use, the course starts with daily English conversations, helping students learn correct pronunciation, intonation, and sentence usage in a stress-free environment. This approach strengthens their ability to communicate effectively in various situations, ensuring a well-rounded development of their spoken English skills.

#### 英語故事表演家 (6 — 11歲)

這課程旨在通過輕鬆愉快的會話演說訓練，全面提升學員的英語表達能力及自信心。課程設計以實用性為核心，從日常英語對話入手，幫助學員在輕鬆的環境中學習正確的發音、語調及語句運用，從而增強他們在不同場合下的口語溝通能力。

課堂內容參考：教授英語詞彙、簡單日常生活情境應對句式、趣味角色扮演、互動英語遊戲、演繹英語故事技巧訓練

Date : Thursday & Friday 17th & 18th July  
Time : (A) 1:00pm – 3:00pm  
(B) 3:00pm – 5:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$950, Guest \$1,050  
Age : (A) 6 – 8 years, (B) 9 – 11 years

### Artistic Music Ensemble (3 – 6 years)

Let your child explore the magic of music and performance in this joyful, energy-filled class! Through playful ensemble games, singing, and hands-on instrument practice, children discover rhythm, melody, and teamwork in a creative and supportive setting.

#### 藝術音樂大合奏 (3 — 6歲)

讓孩子們在這個充滿歡樂和活力的課堂上探索音樂和表演的魔力！透過有趣的合奏、遊戲、唱歌和樂器練習，在創意和互動的環境中學習節奏、旋律和團隊合作。

課堂內容參考：介紹基本音樂概念、拍子和旋律、製作自己的樂器、音樂、遊戲、歌唱和樂器試奏、音樂劇排練

Date : Monday & Wednesday 28th  
& 30th July  
Time : 1:00pm – 3:00pm  
Venue : Playroom Library, 1/F  
Price : Member \$950, Guest \$1,050



### English Playgroup (3 – 6 years)

This course incorporates a variety of diverse and engaging games and interactive activities centered around themes from children's daily lives, creating a joyful atmosphere for young learners to study English. Each activity is thoughtfully designed to captivate their attention and spark curiosity about learning English, fostering a strong foundation for their language development journey.

#### 幼兒英語Playgroup (3 — 6歲)

這課程透過多元化且生動有趣的遊戲和互動活動，圍繞幼兒日常生活中的主題設計，幫助他們在愉快的氛圍中學習英文。我們將通過實用性和趣味性的內容，全面提升幼兒的專注力、觀察力及記憶力。每項活動均精心設計，以吸引孩子的注意力並激發他們對英語學習的好奇心。

課堂內容參考：英文小組遊戲、學習英語的指令、英文童謠教授、英文生字教授、英語溝通訓練及角色扮演

Date : Wednesday & Friday 23rd & 25th July  
Time : 10:00am – 12:00noon  
Venue : Playroom Library, 1/F  
Price : Member \$950, Guest \$1,050

### English Singing Tour (3 – 6 years)

Join the musical journey where very young children learn English through the joy of song! This fun-filled course combines singing, storytelling, word games, and interactive play to help young learners absorb everyday English phrases with ease.



#### 幼兒英語童Sing唱唱 (3 — 6歲)

加入我們的音樂之旅，讓幼兒透過歌曲的樂趣學習英語！這個充滿趣味的課程結合了唱歌、講故事、對答和互動遊戲，幫助幼兒輕鬆吸收日常英語。

課堂內容參考：英語兒歌唱遊、學習英語生字、教授常用會話及進行練習、故事分享、互動小遊戲

Date : Wednesday & Friday 23rd & 25th July  
Time : 12:00noon – 2:00pm  
Venue : Playroom Library, 1/F  
Price : Member \$950, Guest \$1,050



# Junior Summer Programme 2025

## 兒童暑期活動 2025



### Play Group 趣味學習

#### Mirror Go x Running Man Fun Playroom (6 – 12 years)

This summer, get ready for action-packed fun inspired by your favourite TV game shows! We've brought exciting games from *Mirror Go* and *Running Man* into the classroom, transforming learning into an adventure. Through fast-paced challenges and themed activities, children can laugh, play, and recharge, while also boosting their thinking skills, creativity, and motivation to learn.

#### Mirror Go x Running Man 玩樂無窮遊戲室 (6 – 12歲)

今個暑假，準備好享受由你最喜愛的電視遊戲節目激發充滿動感的樂趣吧！我們將 *Mirror Go* 和 *Running Man* 等精彩遊戲帶入課堂，將學習變成冒險。透過快節奏的挑戰和主題活動，孩子們可以歡笑、玩耍和恢復精力，同時提高他們的思考能力、創造力和學習動力。

課堂內容參考：鬥智鬥力大考驗、以畫傳畫/猜謎、接龍、畫圖類遊戲、反應、記憶力大比拼、桌遊大賽

Date : Monday & Wednesday 28th & 30th July  
Time : 3:00pm – 5:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$950, Guest \$1,050

#### Amazing Magician Challenge (6 – 12 years)

Uncover the secrets behind the magic and become the star of your own show! In this fun-filled course, children learn how to perform clever tricks using simple, everyday items. As they master basic techniques and build their own magical routines, they'll grow in confidence, creativity, and showmanship.

#### 驚奇魔術師挑戰賽 (6 – 12歲)

揭開魔術背後的秘密，成為自己表演show中的主角！在這個充滿樂趣的課程中，孩子們將學習如何使用簡單的日常物品來表演巧妙的魔術技巧。當他們掌握基本技巧並建立自己的魔術套路時，便可增強他們的自信心、創造力和表演技巧。

課堂內容參考：穿越魔術、硬幣魔術、骰子魔術、刺穿魔術、各款撲克牌魔術

Date : Monday & Wednesday  
28th & 30th July  
Time : 11:00am – 1:00pm  
Venue : Room ONE, 1/F  
Price : Member \$950, Guest \$1,050



#### English Magic Academy (3 – 6 years)

This enchanting course introduces very young children to the world of magic while gently building their English language skills. With fun tricks, interactive games, and playful storytelling, children learn simple English words and phrases as they explore the joy of performing magic.

#### 幼兒英語魔術學院 (3 – 6歲)

這個具吸引力的課程向幼兒介紹魔法世界，同時逐漸培養他們的英語語言技能。透過有趣的技巧、互動遊戲和趣味故事講述，讓他們在探索表演魔術的樂趣的同時學習簡單的英語單字和短句。

課堂內容參考：復原魔術、餐桌魔術、魔術骰子、神奇魔術筆、英語詞彙教授

Date : Wednesday & Friday 23rd & 25th July  
Time : 2:00pm – 4:00pm  
Venue : Playroom Library, 1/F  
Price : Member \$950, Guest \$1,050

### Arts & Crafts 美術及手工藝

#### STEAM: 3D Pen Printing Art Workshop (6 – 12 years)

Watch creativity come to life in this exciting workshop where students move beyond paper and into the world of 3D design. Using 3D printing pens, children will learn how to build shapes, structures, and artistic models while exploring concepts like geometry, form, and balance.

#### STEAM 3D筆打印藝術工作坊 (6 – 12歲)

在這個令人興奮的工作坊中，學員將看到創造力如何變成現實，跳出2D平面紙張，進入3D設計的世界。孩子們將可使用3D立體打印筆學習如何建立形狀、結構和藝術模型，同時探索幾何、形式和平衡等概念。

課堂內容參考：趣怪卡通製作、可愛動物製作、交通工具製作、潮流飾物製作、3D筆使用技巧及繪畫立體的基礎訓練

Date : Thursday & Friday 17th & 18th July  
Time : 4:00pm – 6:00pm  
Venue : Room TWO, 1/F  
Price : Member \$980, Guest \$1,080



#### Neon Clay Capsule Toy Workshop (6 – 12 years)

Children will use their imagination at this two-day workshop where they will create their own capsule toy machines from scratch. They will explore neon-themed decorations and sculpt colourful clay toys to go inside, combining design, creativity, and hands-on discovery.

#### 霓虹燈黏土扭蛋機專門店 (6 – 12歲)

在這個為期兩天的工作坊中，孩子們將可以充分發揮自己的想像力，從零開始創造自己的扭蛋機，還將深入淺出地了解扭蛋機的安裝和操作原理，及霓虹燈所涉及的創作技巧。此外，課程還安排了趣味十足的黏土創作環節，孩子們可以將完成的黏土作品放入扭蛋中，為每次扭蛋增添了驚喜與獨特性。

課堂內容參考：扭蛋機安裝技巧及操作原理、霓虹燈藝術創作技巧、《寵物小精靈》黏土製作、黏土混色及立體創作技巧、顏色配搭技巧及黏土保存法

Date : Thursday & Friday 17th & 18th July  
Time : 1:00pm – 4:00pm  
Venue : Room ONE, 1/F  
Price : Member \$1,200, Guest \$1,300

#### Clay Crystal Ball Night Lamp & Rotating Music Box (6 – 12 years)

This workshop invites children to create their own crystal ball night lamp and rotating music box using vibrant clay and creative flair. As they learn a variety of modelling techniques, participants will strengthen fine motor skills, boost hand-eye coordination, and spark their artistic confidence.

#### 黏土水晶球小夜燈及旋轉音樂盒 (6 – 12歲)

這工作坊邀請孩子們使用鮮豔的黏土以創造力來製作自己的水晶球小夜燈和旋轉音樂盒，透過學習各種造型技巧，增強他們的細微手指活動技能，提高手眼協調能力，並激發他們的藝術信心。

課堂內容參考：Sanrio水晶球小夜燈製作、迪士尼音樂盒製作、顏色配搭及黏土混色技巧、黏土保存法

Date : Thursday & Friday 17th & 18th July  
Time : 10:00am – 1:00pm  
Venue : Room ONE, 1/F  
Price : Member \$1,200, Guest \$1,300





## Arts & Crafts 美術及手工藝

### The Monsters Painting & Clay World (3 – 12 years)

The Monsters have enchanted both adults and children with their quirky and whimsical appearances. This course combines drawing and clay modelling, allowing participants to learn various artistic techniques by illustrating these charming characters. Additionally, the course features a clay modelling segment where students will craft lifelike versions of these delightful characters. Through mastering fundamental clay techniques, children not only strengthen their fine motor skills and hand-eye coordination but also foster patience and focus during the creative process.

#### The Monster 繪畫及黏土世界 (3 — 12歲)

The Monsters中的頑皮小精靈，以其古靈精怪的外貌俘獲了大人與小朋友的喜愛。本課程結合繪畫與黏土創作，讓學員通過描繪這些有趣的小精靈，學習各種繪畫技巧；而透過黏土製作環節，學員將親手打造這些栩栩如生的小精靈角色。在學習黏土基本手法的過程中，小朋友不僅可以鍛鍊手部小肌肉和手眼協調能力，更能在創作中培養耐心與專注力。

課堂內容參考：Labubu繪畫及黏土製作、Mokoko繪畫及黏土製作

Date : Thursday & Friday 24th & 25th July  
Time : (A) 10:00am – 12:00noon  
(B) 12:00noon – 2:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080  
Age : (A) 3 – 6 years, (B) 6 – 12 years



### Chiikawa Painting & Clay Time (3 – 12 years)

Loved for their adorable charm, Chiikawa characters take centre stage in this fun and creative workshop. Children will learn fundamental drawing techniques, from line work to shaping, by sketching their favourite characters, then bring them to life in 3D using colourful clay.

#### Chiikawa繪畫及黏土時光 (3 — 12歲)

Chiikawa的角色因其可愛的魅力而受到大眾喜愛，成為這個有趣且富有創意的工作坊的焦點。孩子們將學習基本的繪畫技巧，從線條到造型，透過勾勒出他們最喜歡的角色，然後用彩色黏土以3D形式將它們變為現實。

課堂內容參考：Chiikawa/Momonga繪畫及黏土製作、Hachiware/Usagi繪畫及黏土製作

Date : Monday & Tuesday 11th & 12th August  
Time : (A) 12:00noon – 2:00pm  
(B) 2:00pm – 4:00pm  
Venue : (A) Playroom Library, 1/F  
(B) Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080  
Age : (A) 3 – 6 years, (B) 6 – 12 years



### Sanrio Painting & Clay World (3 – 12 years)

This course combines drawing and clay modelling, using Sanrio characters as the theme to create a fun and engaging learning experience for children. By drawing these adorable characters, participants will learn various artistic techniques, enhancing their ability to express themselves creatively. The course also includes a clay modelling segment.

#### Sanrio 繪畫及黏土世界 (3 — 12歲)

本課程結合繪畫與黏土製作，以Sanrio角色為主題，為小朋友打造趣味的學習體驗。通過繪畫這些可愛的角色，他們將學習到多種繪畫技巧，從而提升藝術表達能力。課程還設有黏土製作環節，小朋友將親手創作出立體的Sanrio角色。

課堂內容參考：Kuromi繪畫及黏土製作、My Melody繪畫及黏土製作

Date : Tuesday & Wednesday 29th & 30th July  
Time : (A) 10:00am – 12:00noon  
(B) 12:00noon – 2:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080  
Age : (A) 3 – 6 years, (B) 6 – 12 years



### Jellycat Painting & Clay Fantasy Workshop (3 – 6 years)

Inspired by the charm of Jellycat toys, this delightful workshop invites little ones to explore art through painting and clay play. With their favourite characters as the theme, children will enjoy a creative journey full of colour, texture, and imagination.

#### Jellycat 繪畫及黏土夢幻旗艦店 (3 — 6歲)

本課程結合繪畫與黏土製作，以Jellycat角色為主題，打造一個充滿創意與趣味的學習環境。透過繪畫這些萌趣角色，學員將逐步掌握繪畫技巧，而黏土製作環節可讓小朋友親手塑造立體的Jellycat角色，從而感受黏土創作的樂趣，在動手實踐中提升專注力與創造力。

課堂內容參考：Boiled Egg Chic/Avocado繪畫及黏土製作、Bashful Bunny繪畫及黏土製作

Date : Monday & Tuesday 11th & 12th August  
Time : 10:00am – 12:00noon  
Venue : Playroom Library, 1/F  
Price : Member \$980, Guest \$1,080



### Clay Sculpture Creative Workshop (6 – 12 years)

Bring imagination to life in this exciting clay workshop! As children shape, mould, and sculpt their own creations, they'll build focus, patience, and fine motor skills, all while having fun. The course introduces essential clay techniques and sculpting skills, guiding students step by step as they turn simple materials into one-of-a-kind clay masterpieces.

#### 陶泥雕刻創意體驗坊 (6 — 12歲)

在這個令人興奮的黏土工作坊中，讓想像力變成現實！當孩子們塑造、鑄造和雕刻自己的作品時，他們會在玩樂的同時訓練耐力、精神專注力、手指靈巧、活化腦筋。課程介紹基本的捏造技巧和雕刻技巧，指導學生逐步將簡單的材料變成獨一無二的黏土作品。

課堂內容參考：泥條盤築成型製作技巧：杯、碗具；手捏成型製作技巧：卡通陶藝擺設；泥板成型製作技巧：器皿；陶藝肌理雕刻技巧：裝飾製成品；製作技巧及黏土保存法

Date : Thursday & Friday 24th & 25th July  
Time : 2:00pm – 4:30pm  
Venue : Harbour Room, 1/F  
Price : Member \$1,080, Guest \$1,180



### Duffy and Disney Friends Painting Journey (3 – 12 years)

Perfect for young Disney fans, this colourful art class invites children to bring beloved characters like Duffy and his friends to life on paper. With guidance from instructors, they'll learn essential drawing techniques, shape construction, and colour coordination.

#### Duffy 與迪士尼好友繪畫旅程 (3 — 12歲)

這個色彩繽紛的藝術課程非常適合年輕的迪士尼粉絲參與，在紙上將深受眾人喜愛的Duffy和他的朋友角色栩栩如生地呈現出來。在導師的指導下，他們將學習基本的繪畫技巧、形狀構造和色彩協調。

課堂內容參考：米奇老鼠/米妮老鼠—繪畫入門技巧，線條運用、唐老鴨/黛絲鴨—角色基本繪畫方法、《Duffy and Friends》Linabell—色彩配搭技巧、《Duffy and Friends》StellaLou—繪畫進階技巧

Date : Thursday & Friday 7th & 8th August  
Time : (A) 10:00am – 12:00noon  
(B) 12:00noon – 2:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080  
Age : (A) 3 – 6 years, (B) 6 – 12 years



For enrollment, please contact the 2/F Reception on 2118 1890. 報名請致電2118 1890。

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Junior Summer Programme in July &amp; August 2025</b> Please contact the 2/F Reception on 2118 1890 for details.</p> 						
Zumba Fitness / Yoga	Ladies' Monday Tennis / Yoga	Summer Promotion at the Spa 1st - 31st	Tennis Team Training	Yoga	Afternoon Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Fascia Exercise Training	Lychee Afternoon Tea at The Island View & Oyster Bar 1st - 31st	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Men's Double Training	Japanese Ebisu Oyster at Pier 6 & Oyster Bar 1st - 31st	Italian Regional Culinary Highlights at Capricci	Jazz Dance	Junior Swimming School	Junior Taekwondo
The Wishing Table Dinner Buffet at The Island View	The Wishing Table Dinner Buffet at The Island View	"Chef Keung's Favourite Bites" Promotion at Bauhinia 1st - 31st	Italian Regional Culinary Highlights at Capricci	The Wishing Table Dinner Buffet at The Island View	Australian Black Truffle and Beef Dinner Buffet at The Island View	French Mediterranean Dinner Buffet at The Island View
Sunday Lunch Buffet at The Island View	Sunday Lunch Buffet at The Island View	Ultimate Endless Shrimp Promotion at Club Bar 1st - 31st	9	Australian Black Truffle Promotion at Pier 6 10th - 20th	Oyster Fridays at the Club Bar	5
6	7	Hugo Spritz Promotion at All Outlets 1st - 31st	10	Italian Regional Culinary Highlights at Capricci	Afternoon Water Aerobics / Stretching Exercise	12
Zumba Fitness / Yoga	Ladies' Monday Tennis / Yoga	Afternoon Water Aerobics	Italian Regional Culinary Highlights at Capricci	Yoga	Afternoon Water Aerobics / Stretching Exercise	11
Sunday Junior Tennis	Fascia Exercise Training	Yoga	Tennis Team Training	Yoga / Funky Dance	Yoga / Funky Dance	12
Sunday Social Tennis	Men's Double Training	The Wishing Table Dinner Buffet at The Island View	The Wishing Table Dinner Buffet at The Island View	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Miniature Clay Hotpot Workshop	The Wishing Table Dinner Buffet at The Island View	Italian Regional Culinary Highlights at Capricci	Italian Regional Culinary Highlights at Capricci	The Wishing Table Dinner Buffet at The Island View	Junior Badminton	Junior Taekwondo
The Wishing Table Dinner Buffet at The Island View	The Wishing Table Dinner Buffet at The Island View	15	16	Italian Regional Culinary Highlights at Capricci	Miniature Clay Hotpot Workshop	Australian Black Truffle and Beef Dinner Buffet at The Island View
13	14	Italian Regional Culinary Highlights at Capricci	17	Italian Regional Culinary Highlights at Capricci	Oyster Fridays at the Club Bar	Italian Regional Culinary Highlights at Capricci
Sunday Lunch Buffet at The Island View	Sunday Lunch Buffet at The Island View	22	23	24	French Mediterranean Dinner Buffet at The Island View	19
Zumba Fitness / Yoga	Ladies' Monday Tennis / Yoga	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Fascia Exercise Training	Yoga	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Men's Double Training	The Wishing Table Dinner Buffet at The Island View	Italian Regional Culinary Highlights at Capricci	Jazz Dance	Junior Swimming School	Christmas in Summer Dinner Buffet at The Island View
The Wishing Table Dinner Buffet at The Island View	The Wishing Table Dinner Buffet at The Island View	Italian Regional Culinary Highlights at Capricci	Italian Regional Culinary Highlights at Capricci	The Wishing Table Dinner Buffet at The Island View	Junior Badminton	Italian Regional Culinary Highlights at Capricci
20	21	22	23	24	Oyster Fridays at the Club Bar	26
Sunday Lunch Buffet at The Island View	Sunday Lunch Buffet at The Island View	22	23	Italian Regional Culinary Highlights at Capricci	Namaste India Dinner Buffet at The Island View	26
Zumba Fitness / Yoga	Ladies' Monday Tennis / Yoga	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Fascia Exercise Training	Yoga	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Men's Double Training	The Wishing Table Dinner Buffet at The Island View	Italian Regional Culinary Highlights at Capricci	Jazz Dance	Junior Swimming School	Christmas in Summer Dinner Buffet at The Island View
The Wishing Table Dinner Buffet at The Island View	The Wishing Table Dinner Buffet at The Island View	Italian Regional Culinary Highlights at Capricci	Italian Regional Culinary Highlights at Capricci	The Wishing Table Dinner Buffet at The Island View	Junior Badminton	Italian Regional Culinary Highlights at Capricci
27	28	29	30	31	Oyster Fridays at the Club Bar	26
Sunday Lunch Buffet at The Island View	Sunday Lunch Buffet at The Island View	29	30	31	Italian Regional Culinary Highlights at Capricci	26
27	28	29	30	31	Italian Regional Culinary Highlights at Capricci	26
27	28	29	30	31	Italian Regional Culinary Highlights at Capricci	26



**Australian Black Truffle and Beef Dinner Buffet at The Island View 4th, 11th & 19th**

**French Mediterranean Dinner Buffet at The Island View 5th, 12th & 18th**



# August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Yoga Class</b> Every Mon, Tue, Thur, Fri &amp; Sun (except Public Holiday)</p>	 <p>Ladies' Monday Tennis</p>	 <p><b>Junior Summer Programme in July &amp; August 2025</b> Please contact the Z/F Reception on 2118 1890 for details.</p>	 <p><b>Pacific Club Annual Junior Swimming Gala 2025</b> 31st</p>			
Zumba Fitness	Ladies' Monday Tennis	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Funky Dance	Junior Swimming School
Yoga	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training		Jazz Dance	Jazz Dance	Yoga/Stretching Exercise	Junior Taekwondo
Sunday Social Tennis	Men's Double Training				Junior Swimming School	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at The Island View					Junior Badminton	
3	4	5	6	7	Friday Dinner Buffet at The Island View	1
					Friday Dinner Buffet at The Island View	2
Zumba Fitness	Ladies' Monday Tennis	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Funky Dance	Junior Swimming School
Yoga	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training		Jazz Dance	Jazz Dance	Yoga/Stretching Exercise	Junior Taekwondo
Sunday Social Tennis	Men's Double Training				Junior Swimming School	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at The Island View					Junior Badminton	
10	11	12	13	14	Friday Dinner Buffet at The Island View	8
					Friday Dinner Buffet at The Island View	9
Zumba Fitness	Ladies' Monday Tennis	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Funky Dance	Junior Swimming School
Yoga	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training		Jazz Dance	Jazz Dance	Yoga/Stretching Exercise	Junior Taekwondo
Sunday Social Tennis	Men's Double Training				Junior Swimming School	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at The Island View					Junior Badminton	
17	18	19	20	21	Friday Dinner Buffet at The Island View	15
					Friday Dinner Buffet at The Island View	16
Zumba Fitness	Ladies' Monday Tennis	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Funky Dance	Junior Swimming School
Yoga	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training		Jazz Dance	Jazz Dance	Yoga/Stretching Exercise	Junior Taekwondo
Sunday Social Tennis	Men's Double Training				Junior Swimming School	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at The Island View					Junior Badminton	
24/31	25	26	27	28	Friday Dinner Buffet at The Island View	22
					Friday Dinner Buffet at The Island View	23
Zumba Fitness	Ladies' Monday Tennis	Afternoon Water Aerobics	Tennis Team Training	Yoga	Afternoon Water Aerobics / Funky Dance	Junior Swimming School
Yoga	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training		Jazz Dance	Jazz Dance	Yoga/Stretching Exercise	Junior Taekwondo
Sunday Social Tennis	Men's Double Training				Junior Swimming School	Saturday Dinner Buffet at The Island View
Pacific Club Annual Junior Swimming Gala 2025 (31st)					Junior Badminton	
Sunday Lunch & Dinner Buffet at The Island View					Friday Dinner Buffet at The Island View	29
24/31	25	26	27	28	Friday Dinner Buffet at The Island View	30

\*All classes and events in the calendar may be subject to change without notice. 月曆中的所有課程及活動可能會被更改，恕不另行通知。

Recreation

Food & Beverage



# Junior Summer Programme 2025

## 兒童暑期活動 2025



### Arts & Crafts 美術及手工藝

#### Coloured Sketch Exploration (6 – 12 years)

This creative course invites children to explore the world of sketching through colour and form. By learning how to observe shapes, build depth, and apply colour thoughtfully, students will develop a strong sense of visual balance and artistic expression, bringing ideas to life on paper.

##### 色彩的魔力－彩色素描探索 (6 — 12歲)

這個課程運用色彩繽紛的搭配方法、構圖技巧來提高學員對素描畫的趣味，目的是讓小朋友理解各立體形態、建構深度、學習色彩協調、建立視覺平衡感，從中建立自我，訓練觀察、思考和耐性，進而發展藝術潛能，將想法在紙上變為現實。

課堂內容參考：素描入門技巧，比例、構圖技巧；細線法、交叉線法、混合法、點畫法；認識素描中的明暗，顏色搭配教授；實物繪畫－進階及上色練習；場景繪畫－綜合色彩搭配、構圖及混色要點

Date : Thursday & Friday 7th & 8th August  
Time : 2:00pm – 4:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080



#### Pastel Art Gallery (3 – 6 years)

During these two sessions, young children explore the vibrant world of dry pastels. Through simple still life and landscape projects, they'll learn how to blend colours, understand light and shadow, and experiment with soft brushstroke techniques.

##### 幼兒趣味和諧粉彩藝術館 (3 — 6歲)

在這兩堂課程中，小孩子們可探索乾粉彩的豐富色彩世界。透過簡單的靜物和風景臨摹，他們將學習如何混合顏色、了解光影及嘗試柔和的筆觸技巧，提高他們對藝術的興趣。

課堂內容參考：乾粉彩基本技法、色彩調合技巧的基本理論、色彩層次漸變的技巧手法、上色力度強弱的運用、繪畫練習、混色配搭講授

Date : Monday & Thursday 21st & 24th July  
Time : 11:00am – 1:00pm  
Venue : Playroom Library, 1/F  
Price : Member \$980, Guest \$1,080



#### Little Picasso Creative Workshop (3 – 6 years)

This fun and hands-on workshop lets young children explore art through painting, collage, and craft activities. Participants will develop their creativity, focus, and coordination while expressing themselves on paper in their own unique way, just like Picasso!

##### 小小畢加索創作夢工場 (3 — 6歲)

這個有趣且充滿互動性的工作坊讓孩子們透過繪畫、拼貼和手工製作來探索藝術，培養他們的創造力、專注力和協調能力，同時以自己獨特的方式在紙上表達自己，就像畢加索一樣！

課堂內容參考：- 學習運用不同媒介、玉米立體畫、剪貼畫及圖形基本繪畫方法、簡易印畫、混合創作、作品分享

Date : Monday & Thursday 21st & 24th July  
Time : 1:00pm – 3:30pm  
Venue : Playroom Library, 1/F  
Price : Member \$980, Guest \$1,080



#### Chinese Calligraphy (6 – 12 years)

This course introduces children to the beauty of Chinese calligraphy, starting with how to hold the brush correctly. Step by step, they'll learn how to write characters under the expert guidance of our instructor. Along the way, children will improve their writing skills and begin to appreciate the art and tradition behind Chinese calligraphy.

##### 傳統毛筆書法家 (6 — 12歲)

這課程從如何正確握筆開始，向孩子們介紹中國書法之美。他們將在導師的專業指導下學習如何書寫漢字。在此過程中，孩子們將逐步提升寫作技巧，並開始學習欣賞中國書法背後的藝術和傳統。

課堂內容參考：正確的執筆方法及坐姿、掌握標準字型、教授正確筆順、運筆的方法、了解字型結構、書法練習

Date : Monday & Thursday 28th & 31st July  
Time : 11:00am – 1:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080



#### Chinese Hard Pen Calligraphy (6 – 12 years)

This course helps children develop neat, elegant handwriting while exploring the artistic side of Chinese calligraphy. Focusing on hard pen techniques, students will learn basic strokes, character structure, and layout principles. With guided practice in pen pressure and stroke order, they'll build better control, improve hand-eye coordination, and gain patience.

##### 中文硬筆書法家 (6 — 12歲)

這課程幫助孩子們在探索中國書法藝術的同時，培養整齊、優雅的書寫能力。他們將以硬筆技巧為重點，學習基本筆畫、漢字結構和排版美學。透過對筆力和筆畫順序的指導練習，他們將獲得更好的控制力，提高手眼協調能力，培養耐心。

課堂內容參考：正確的執筆方法及坐姿、掌握標準字型、教授正確筆順、運筆的方法、了解字型結構、書法練習

Date : Monday & Thursday 28th & 31st July  
Time : 1:00pm – 3:00pm  
Venue : Harbour Room, 1/F  
Price : Member \$980, Guest \$1,080





## Other Sports 其他運動

### Modern Dance (6 – 12 years)

Modern dance encourages freedom, creativity, and self-expression. In this course, students explore a wide range of movement styles without the limits of strict technique, helping them develop confidence, body awareness, and creative thinking through performance.

#### 現代舞 (6 — 12歲)

現代舞蹈鼓勵自由、創造力和自我表達。在課程中，學員可以探索各種動作風格，不受嚴格技術的限制，幫助他們透過表演培養自信、身體意識和創造性思維。

Date : Monday & Tuesday 21st & 22nd July

Time : 4:30pm – 5:30pm

Venue : Gym Aerobics Room, 1/F

Price : Member \$800, Guest \$900

### Korean Pop Dance (3 – 12 years)

K-Pop has taken the world by storm with its catchy tunes, vibrant energy, and iconic dance moves. This fun-filled course introduces children to the world of Korean pop music through exciting dance routines inspired by popular K-Pop hits. With a focus on rhythm, coordination, and performance, students will learn step-by-step choreography while gaining confidence.



#### 韓國 K-Pop 流行舞蹈 (3 — 12歲)

K-Pop以其朗朗上口的曲調、充滿活力和感染力的舞蹈動作風靡全球。這個充滿樂趣的課程將透過K-Pop流行歌曲激動人心的舞蹈動作向孩子們介紹韓國流行音樂的世界。透過注重節奏、協調性和表演，學員將逐步學習舞蹈編排，同時增強自信心。

Date : Monday & Tuesday 21st & 22nd July

Time : (A) 2:30pm – 3:30pm

(B) 3:30pm – 4:30pm

Venue : Gym Aerobics Room, 1/F

Price : Member \$800, Guest \$900

Age : (A) 3 – 6 years, (B) 6 – 12 years

### Wall Climbing (6 – 10 years)

Get ready for a summer of climbing fun! This course challenges kids of all skill levels to scale new heights while building strength, balance, and coordination. Guided by professional instructors, children will learn key climbing techniques on the Club's climbing wall.

CLINIC	DAY	DATE	TIME
A	Mon & Thu	21st, 24th, 28th & 31st July	11:30am – 1:00pm
B	Mon & Thu	21st, 24th, 28th & 31st July	2:30pm – 4:00pm
C	Tue & Fri	12th, 15th, 19th & 22nd August	11:30am – 1:00pm
D	Tue & Fri	12th, 15th, 19th & 22nd August	2:30pm – 4:00pm

#### 攀石班 (6 — 10歲)

這個暑假，讓孩子們嘗試攀石冒險，挑戰自我極限！這課程專為6-10歲的孩子而設計，不論是初次接觸攀石運動，還是已有經驗的小高手，都能在這個課程中找到適合自己的挑戰。在專業教練的全程指導下，透過生動有趣的方式學習攀岩技巧，訓練手腳協調、重心控制及路線規劃，培養力量、耐力和平衡感。

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Children's Playroom (Climbing Wall)

Price : Member \$970, Guest \$1,170

Age : 6 – 10 years

Remark : Please wear sports clothes and shoes to the class

### Junior Table Tennis Course (6 – 13 years)

Led by the Club's professional table tennis coaches, this course offers structured training in essential table tennis skills, from basic footwork and grip to serving and return techniques. The sessions help students improve their game while developing confidence and focus.

#### 乒乓球訓練班 (6 — 13歲)

本會的專業乒乓球教練將會以系統化的方式教導學員多項乒乓球技術，包括基本動作、發球技巧、接球策略等。這個訓練班不僅旨在提升學員的乒乓球技術，更希望通過激發他們的潛能，建立自信及堅毅的態度，讓他們在運動中獲得成長和樂趣。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday 21st, 28th July, 4th & 11th August

Time : 2:00pm – 3:30pm

Venue : Gym Activities Room, 1/F

Price : Member \$900, Guest \$1,100

Remark : Please wear sports clothes and shoes to the class

### Rope Skipping Class (7 – 12 years)

Perfect for active kids who love a challenge, this our Rope Skipping course combines freestyle jump rope with fun, fast-paced training to improve coordination, agility, endurance, and reflexes. Led by a professional coach, participants will learn new tricks and techniques, building strength and stamina while having a lot of fun.

#### 花式跳繩班 (7 — 12歲)

本會的花式跳繩班非常適合喜歡挑戰的活躍孩子參加，課程將由自由式跳繩與有趣、快節奏的訓練相結合，以提高學員的協調性、敏捷性、耐力和反應能力，在專業教練的指導下學習新的技巧和技術，在享受樂趣的同時增強力量和耐力。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (A) Sunday 6th, 13th, 20th & 27th July

(B) Sunday 3rd, 10th, 17th & 24th August

Time : 4:30pm – 5:20pm

Venue : Gym Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remark : Please wear sports clothes and shoes to the class

### Badminton Clinic (7 – 16 years)

This fun and energetic clinic is designed especially for children who want to learn and improve their badminton skills. Open to all levels, the class focuses on key techniques such as footwork, grip, strokes and court awareness through engaging drills and guided practice. With a focus on fun, fitness and teamwork, it's a great way for young players to stay active, build confidence and make new friends on the court.

#### 暑期羽毛球班 (7 — 16歲)

這個有趣且充滿活力的課程專為想要學習和提高羽毛球技能的孩子而設計。課程適合所有程度的學員參加，透過有趣的訓練和指導練習，重點於步法、握桿、擊球和球場意識等關鍵技術。課程結合樂趣、健身和團隊合作，是孩子們保持活躍、建立自信和結交新朋友的好方法。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Thursday 17th, 24th, 31st July & 7th August

Time : (A) 12:00noon – 1:00pm

(B) 1:00pm – 2:00pm

Venue : Gym Aerobics Room, 1/F

Price : Member \$1,040, Guest \$1,240

Age : (A) 7 – 11 years, (B) 12 – 16 years

Remark : Please wear sports clothes and shoes to the class



# Junior Summer Programme 2025

## 兒童暑期活動 2025



### Other Sports 其他運動

#### Mini Pickleball Clinic (3½ – 6 years)

Introduce your little one to the exciting world of Pickleball, one of the fastest-growing sports today. Blending elements of tennis, badminton and table tennis, pickleball is easy to pick up and perfect for very young beginners.

CLINIC	DATE
A	16th, 17th & 18th July
B	23rd, 24th & 25th July
C	30th, 31st July & 1st August
D	6th, 7th & 8th August
E	13th, 14th & 15th August

#### 迷你匹克球班 (3½ — 6 歲)

匹克球融合了網球、羽毛球與乒乓球的精粹，易學易玩，適合各年齡層人士參與。本課程專為3½歲至6歲的小朋友而設計，在輕鬆有趣的氛圍中，讓他們學習匹克球的基本技巧，培養運動興趣，享受樂趣十足的運動體驗。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 9:00am – 10:00am

Venue : Gym Aerobics Room, 1/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class

#### Pickleball Clinic (7 – 16 years)

Designed for older children ready to take on a new challenge, this clinic introduces the fast growing sport of Pickleball. With a focus on skill development and match play, participants will learn essential techniques including footwork, strokes and game strategy through a progressive training approach. Led by an experienced coach, the class offers a high energy and engaging environment where participants can build athletic ability, boost confidence and enjoy the thrill of competitive play.



CLINIC	DATE
A	16th, 17th & 18th July
B	23rd, 24th & 25th July
C	30th, 31st July & 1st August
D	6th, 7th & 8th August
E	13th, 14th & 15th August

#### 匹克球班 (7 — 16 歲)

課程專為年齡較大、準備好接受新挑戰的青少年而設計，為他們介紹快速發展的匹克球運動，透過專注於技能發展和比賽，讓學員透過漸進式訓練方式學習基本技術，包括步法、擊球和比賽策略。課程由經驗豐富的教練指導，提供充滿活力和吸引力的環境，學員可以培養運動能力，增強自信心並享受競技比賽的刺激。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 10:00am – 12:00noon

Venue : Outdoor Tennis Court, 4/F

Price : Member \$1,380, Guest \$1,530

Remark : Please wear sports clothes and shoes to the class



#### Basketball Clinic (9 – 15 years)

Come and join our summer basketball clinic! The clinic is designed for older children looking to build skills and confidence on the court. With guidance from professional coaches, participants will improve their dribbling, shooting, defence and teamwork through structured drills and fun mini games.

CLINIC	DATE
A	14th, 16th & 18th July
B	21st, 23rd & 25th July
C	28th, 30th July & 1st August
D	4th, 6th & 8th August
E	11th, 13th & 15th August
F	18th, 20th & 22nd August

#### 籃球班 (9 — 15 歲)

快來參加我們的暑期籃球班吧！這是一個為9至15歲青少年而設計的課程，不論你是新手還是有基礎的籃球愛好者，都能在這裡找到樂趣！專業教練將教授籃球基本技巧，如運球、投籃、防守與團隊合作，並結合趣味練習與小型比賽，讓他們在提升籃球實力的同時鍛鍊身體。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday & Wednesday & Friday

Time : 2:00pm – 3:00pm

Venue : Outdoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class





## Golf 高爾夫球班



### Junior Golf Clinic (3 – 17 years)

Give your child the chance to learn golf this summer through a fun and focused training clinic. Designed for all levels, the clinic takes place on the driving range with step by step instruction from our experienced golf professional. Participants will build a strong foundation in grip, stance and swing technique while developing focus, patience and a love for the game of golf.

CLINIC	AGE	DAY	DATE	TIME
A	3 – 7 years	Mon & Thu	7th, 10th, 14th & 17th July	2:00pm – 3:00pm
B	8 – 17 years	Mon & Thu	7th, 10th, 14th & 17th July	3:00pm – 4:00pm
C	3 – 7 years	Mon & Thu	21st, 24th, 28th & 31st July	2:00pm – 3:00pm
D	8 – 17 years	Mon & Thu	21st, 24th, 28th & 31st July	3:00pm – 4:00pm
E	3 – 7 years	Tue & Fri	22nd, 25th, 29th July & 1st August	2:00pm – 3:00pm
F	8 – 17 years	Tue & Fri	22nd, 25th, 29th July & 1st August	3:00pm – 4:00pm
G	3 – 7 years	Mon & Thu	4th, 7th, 11th & 14th August	2:00pm – 3:00pm
H	8 – 17 years	Mon & Thu	4th, 7th, 11th & 14th August	3:00pm – 4:00pm
I	3 – 7 years	Tue & Fri	12th, 15th, 19th & 22nd August	2:00pm – 3:00pm
J	8 – 17 years	Tue & Fri	12th, 15th, 19th & 22nd August	3:00pm – 4:00pm

### 高爾夫球班 (3 – 17歲)

讓孩子在今個暑假透過有趣且針對性的訓練學習高爾夫球。課程專為各個級別的高爾夫球愛好者設計，在練習場上由我們經驗豐富的高爾夫球專業教練進行逐步指導，讓學員在握桿、站姿和揮桿技術方面打下堅實的基礎，同時培養專注力、耐心和對高爾夫球的熱愛。

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Golf Driving Range, 4/F

Price : Member \$1,680, Guest \$1,880

Remark : Please wear sports clothes and shoes to the class

### Parent-Child Golf (4 years and above, with parent)

Share the joy of golf with your child in this fun and interactive parent-child class. Guided by our golf professional, you will learn basic skills together while enjoying quality time on the range. This relaxed and enjoyable course is a great way to build new skills, strengthen your bond and create lasting memories through a shared sporting experience.

### 高爾夫球親子班 (4 歲及以上)

這課程以親子形式進行，讓家長與小孩可一同跟隨專業高爾夫球教練學習基礎技巧，同時享受在練習場上的美好時光。這個輕鬆愉快的課程是透過共同的運動體驗來培養新技能、加強聯繫和創造持久記憶的好方法。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Saturday

(A) 5th, 12th, 19th & 26th July

(B) 2nd, 9th, 16th & 23rd August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

Price : Member \$3,080, Guest \$3,560 (per pair)

Remark : Please wear sports clothes and shoes to the class

## Tennis 網球班

### Mini Tennis Clinic (3½ – 6 years)

Get your little ones moving with this fun and active introduction to tennis. Specially designed for very young children, the clinic uses games and simple drills to teach basic tennis skills.

CLINIC	DATE
A	8th, 9th & 10th July
B	15th, 16th & 17th July
C	22nd, 23rd & 24th July
D	29th, 30th & 31st July
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

### 迷你網球班 (3½ — 6 歲)

透過這項有趣且充滿活力的網球入門課程，讓孩子動起來！課程專為3½ — 6歲的幼兒而設計，透過遊戲和簡單的練習來教授基本網球技能。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 11:00am – 12:00noon

Venue : Indoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class

### Tennis Clinic (7 – 14 years)

This summer, let your child develop their game in a fun and energetic Tennis Clinic. Led by a professional coach, the course offers structured training in essential skills. Participants will practise through drills and friendly matches, building confidence, improving technique and enjoying the excitement of playing with others.

CLINIC	DATE
A	8th, 9th & 10th July
B	15th, 16th & 17th July
C	22nd, 23rd & 24th July
D	29th, 30th & 31st July
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

### 網球班 (7 — 14歲)

今個夏天，讓孩子在充滿樂趣和活力的網球課程中提高他們的球技。課程由專業教練指導，提供基本技能的結構化訓練，學員將透過訓練和友誼賽進行練習，建立信心，提高技術並享受與他人一起比賽的樂趣。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 2:00pm – 4:00pm

Venue : Indoor Tennis Court, 4/F

Price : Member \$1,380, Guest \$1,530

Remark : Please wear sports clothes and shoes to the class





# Junior Summer Programme 2025

## 兒童暑期活動 2025



### Summer Swimming School 暑期游泳班



Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I1	8/7, 15/7, 22/7 & 29/7	Tue	12:00noon - 1:00pm	ILK	700	900
I2	5/8, 12/8, 19/8 & 26/8	Tue	12:00noon - 1:00pm	ILK	700	900
F1	7/7, 14/7, 21/7 & 28/7	Mon	2:00pm - 3:00pm	FCY	700	900
F2	4/8, 11/8, 18/8 & 25/8	Mon	2:00pm - 3:00pm	FCY	700	900
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	11:00am - 12:00noon	PHL	875	1,125
P2	7/8, 14/8, 21/8 & 28/8	Thu	11:00am - 12:00noon	PHL	700	900
Elementary (4 - 14 years)						
I1	8/7, 15/7, 22/7 & 29/7	Tue	11:00am - 12:00noon	ILK	740	940
I2	5/8, 12/8, 19/8 & 26/8	Tue	11:00am - 12:00noon	ILK	740	940
F1	7/7, 10/7, 14/7 & 17/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F2	21/7, 24/7, 28/7 & 31/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F3	4/8, 7/8, 11/8 & 14/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F4	18/8, 21/8, 25/8 & 28/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
P1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	1:00pm - 2:00pm	PHL	925	1,175
P2	6/8, 13/8, 20/8 & 27/8	Wed	1:00pm - 2:00pm	PHL	740	940
P3	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	2:00pm - 3:00pm	PHL	925	1,175
P4	7/8, 14/8, 21/8 & 28/8	Thu	2:00pm - 3:00pm	PHL	740	940
Intermediate (4 - 14 years)						
F1	5/7, 12/7, 19/7 & 26/7	Sat	3:00pm - 4:00pm	FCY	740	940
F2	9/8, 16/8, 23/8 & 30/8	Sat	3:00pm - 4:00pm	FCY	740	940
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	1:00pm - 2:00pm	PHL	925	1,175
P2	7/8, 14/8, 21/8 & 28/8	Thu	1:00pm - 2:00pm	PHL	740	940
P3	7/7, 14/7, 21/7 & 28/7	Mon	1:00pm - 2:00pm	PHL	740	940
P4	4/8, 11/8, 18/8 & 25/8	Mon	1:00pm - 2:00pm	PHL	740	940
Advanced (4 - 14 years)						
I1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	2:30pm - 4:00pm	ILK	1,388	1,638
I2	6/8, 13/8, 20/8 & 27/8	Wed	2:30pm - 4:00pm	ILK	1,110	1,310
F1	7/7, 14/7, 21/7 & 28/7	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
F2	4/8, 11/8, 18/8 & 25/8	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
P1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	9:30am - 11:00am	PHL	1,388	1,638
P2	6/8, 13/8, 20/8 & 27/8	Wed	9:30am - 11:00am	PHL	1,110	1,310
P3	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	11:00am - 12:30pm	PHL	1,388	1,638
P4	6/8, 13/8, 20/8 & 27/8	Wed	11:00am - 12:30pm	PHL	1,110	1,310
Intensive (8 years and above)						
I1	4/7, 11/7, 18/7 & 25/7	Fri	12:00noon - 2:00pm	ILK	1,480	1,680
I2	1/8, 8/8, 15/8, 22/8 & 29/8	Fri	12:00noon - 2:00pm	ILK	1,850	2,100
F1	3/7, 5/7, 10/7 & 12/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F2	17/7, 19/7, 24/7 & 26/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F3	7/8, 9/8, 14/8 & 16/8	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
P1	7/7, 14/7, 21/7 & 28/7	Mon	9:00am - 11:00am	PHL	1,480	1,680
P2	4/8, 11/8, 18/8 & 25/8	Mon	9:00am - 11:00am	PHL	1,480	1,680
Competition (8 years and above)						
I1	1/8, 8/8, 15/8 & 22/8	Fri	9:00am - 11:00am	ILK	1,480	1,680
I2	7/8, 14/8, 21/8 & 28/8	Thu	9:00am - 11:00am	ILK	1,480	1,680

Instructor: Pang Hung Lam (PHL), Fong Chi Yuen (FCY), Ip Lai Kuen (ILK)

### ENROLLMENT 報名

- 5% discount for joining 3 or more classes (this special price discount offer is not applicable to Golf, Tennis & Swimming Classes).
- Tuition fee will be debited through the Member's account.
- All enrollments will be confirmed 7 (Seven) days before the 1st lesson commences.
- No cancellation is allowed once the enrollment is confirmed.
- Guest prices include the entry fee for the Children's Playroom, but exclude other sports facilities.
- All participants are required to abide by the rules and regulations of the Club.
- Pacific Club and its coaches/instructors will not be responsible for any liability whatsoever arising out of any accident, injury or personal loss to the participants or to any other person.

For enrollment or enquiries, please contact our staff at the 2/F Reception or call 2118 1890.

For Tennis, Golf, Pickleball and Basketball enquiries, please contact our staff at the 4/F Tennis Reception or call 2118 1707.

- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前7天與報名學員確認課程。
- 課程經確認後將不能取消。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。

課程報名，請與二樓接待處的工作人員聯絡，或致電 2118 1890。

查詢有關網球、高爾夫球、匹克球及籃球的課程，請與4樓網球接待處的工作人員聯絡，或致電 2118 1707。



For enrollment, please contact the 2/F Reception on 2118 1890. 報名請致電2118 1890。

# Summer at the Gym

## 夏日健身優惠

NEW



### Summer Holiday Personal Training Package for Students

NEW

Make the most of the summer break with focused, one-on-one training. Throughout July, students aged 14 and above can enjoy a special 5-session Personal Training Package for just \$2,900 (regular price \$3,250). Each session is customised to individual goals, whether it's building strength, improving fitness or enhancing athletic performance. The package is valid for two months.

#### 私人健身課程 — 學生暑期優惠

充分利用暑假進行針對性的一對一訓練。於7月份，本會為14歲及以上的學生會員送上私人健身課程優惠，以優惠價\$2,900購買5堂私人健身課程（原價\$3,250）。每堂課程都會根據個人目標量身定制，無論是增強力量、改善體能或提高運動表現，我們的專業教練都可以幫助你。

### Personal Training at the Club

Ready to take your fitness to the next level? Our certified Personal Trainers are here to support you every step of the way. Whether your goal is weight loss, strength building, improved flexibility or simply feeling better day to day, they will design a customised programme to suit your needs and keep you motivated.

Enjoy focused, one-on-one sessions in a dedicated training space and experience a more personalised approach to your health and wellbeing. Book your Personal Training today.

### Special Discount on Pilates Personal Training Package

Restore balance, strength and control with our Pilates Personal Training offer this July. Enjoy a special rate on a 10-session package designed to improve posture, flexibility and core stability. Our experienced Pilates Instructors focus on mindful movement and functional alignment to support long-term wellbeing. Each Member may purchase up to two packages, valid for one month.

#### 普拉提私人訓練課程優惠

參加本會的普拉提私人訓練課程，助你恢復平衡、力量和控制力。於7月份，我們將為會員送上課程優惠，以特別優惠價\$7,000（原價\$7,200）購買10堂私人普拉提訓練課程。普拉提運動能改善身體姿勢、靈活性和核心穩定性。我們經驗豐富的教練將專注於大家的身心靈活動和功能性協調上進行訓練，讓大家達到長久的健康。

請注意，是項課程優惠有效日期為一個月，而每位會員最多只可購買兩個課程。

Coaching Session	10-Lesson Package
1 hour	<del>\$7,200</del> \$7,000



### 太平洋會私人健身課程

準備提升你的體能？本會的私人健身教練正正可以幫助你一步一步達成目標！無論你的目標是瘦身、增強力量、提高靈活性還是改善整體健康，他們都會設計一套量身定制的健身計劃來滿足你的需求，並全程給予你鼓勵和支持。

在專屬的訓練空間享受一對一的專注指導，體驗更個人化的健康計劃，請立即預約課程。

To book your lessons, please contact the Gym Reception on 2118 1863.  
預約課程，請致電健身室：2118 1863

## Sunday Social Tennis

Spend your Sunday afternoon on court with friends old and new. Sunday Social Tennis is the ideal way to enjoy relaxed match play in a friendly, informal setting. Whether you're a regular on the court or looking to get back into the swing, all levels are welcome.

### 週日網球聯誼聚會

參加本會於星期日舉行的「週日網球聯誼聚會」，與新舊朋友一同享受輕鬆的假日下午時光！在球場上進行兩小時的友誼賽，享受打網球的樂趣，提升網球水平，更可以在完美的週末時光中放鬆身心。不論任何技術水平的會員都歡迎參加，活動收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。



Date : Sunday 6th, 13th, 20th & 27th July  
 Time : 5:00pm – 7:00pm  
 Venue : Outdoor Tennis Courts  
 Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)  
 Age : Adults Only

## Junior Tennis Academy

Give your child the perfect start on court with our Junior Tennis Academy, held every Saturday. Designed for ages 3½ and up, the programme focuses on building strong fundamentals through fun, structured group lessons. Our experienced coaches guide young players through drills, games, and match play suited to their level, helping them grow in skill and confidence.

Please note that the fee will be charged on a monthly basis.

### 青少年網球訓練

本會於星期六上午舉行的青少年網球訓練班，專為3½-16歲的會員而設，每星期一堂的訓練班會將專業教練指導與樂趣結合在一起，旨在於友好及獲支持的環境下讓他們可以充分發揮潛力，建立自信心及紮實的網球基礎。7月份課程收費 — A班（3½ - 6歲，4堂）：會員\$840，非會員\$1,320；B班（6 - 16歲，4堂）：會員\$1,120，非會員\$1,600。

備注：此訓練活動以月費形式支付

Date : Saturday 5th, 12th, 19th & 26th July  
 Time : (A) 10:00am – 11:00am  
 (B) 11:00am – 1:00pm  
 Venue : Indoor Tennis Courts  
 Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)  
 (B) Member \$1,120, Guest \$1,600 (for 4 lessons)  
 Age : (A) 3½ – 6 years  
 (B) 6 – 16 years



### Holiday Notice

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on 1st July.

### 課程暫停舉行

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。



## Ladies' Morning Tennis

Start your week with purpose on the court. Our Monday Ladies' Morning Tennis sessions focus on matchplay tactics, helping you develop smarter shot selection, court positioning, and point construction. With coaching support and friendly group play, these sessions are perfect for players looking to sharpen their competitive edge.

### 女子早上網球練習

參加本會於星期一舉行的女子早上網球練習班，在兩小時課程中專注學習比賽戰術，如何更明智地擊球、走位和建立得分點。這些課程配有教練支援和友好的小組比賽，非常適合希望提升競技優勢的球員。課程收費：每位\$310（包括場租，並設茶點招待）。

Date : Monday 7th, 14th, 21st & 28th July  
 Time : 10:00am – 12:00noon  
 (Intermediate / Advanced Level)  
 Venue : Indoor Tennis Courts  
 Price : \$310 (for 2 hours, including court charges and selected beverages at the Tennis Lounge)



Contact the 4/F Tennis Office on 2118 1707 for booking details.  
 查詢及報名，請致電 2118 1707。





# Father's Day Tennis Tournament 2025

## 父親節網球錦標賽 2025

Thank you to all the players who made this year's tournament such a success. Congratulations to our winners, and well played to everyone who took part. We hope it was a memorable way to celebrate Father's Day at the Pacific Club.

衷心感謝所有參賽者踴躍參與今年的父親節網球錦標賽2025，令此活動完滿結束！在此恭喜所有得獎者，也向每一位參賽者致上最熱烈的掌聲！希望大家在比賽中享受到樂趣，留下美好回憶，並以最精彩的方式歡度父親節！



Winners 冠軍  
Kelvin Tam & Ai Inukai



1st Runner-up 亞軍  
Elliot Fong & Lauren Fong



2nd Runner-up 季軍  
Victor Tse & Jenevieve Tse

# Vertical Vision 垂直拍攝

By Craig Norris

[www.momentsbycraig.com](http://www.momentsbycraig.com)

When viewing the output from a traditional “stills” camera, a video camera, or a TV screen, we invariably see an image, still or moving, framed within a rectangle. This rectangular boundary is universally known as “the frame.”

Historically, before photography emerged, artists painting on canvas had the freedom to select any size or shape. However, most chose rectangles, setting a precedent that influenced subsequent visual media. With the advent of photography and motion pictures, mass production became essential for affordability, necessitating standardised sizes and shapes for films and screens.

Analogue TV screens were initially 4 units wide and 3 units high. Later, digital TV screens were standardized as 16 units wide by 9 units high. “4x3” and “16x9” are called ‘the aspect ratio’ of the screen.

Typically, camera sensors and viewfinders are configured horizontally, or in landscape orientation, favouring width over height. To capture images vertically, or portrait orientation, photographers must rotate the camera 90 degrees. This is not ergonomic or comfortable, especially during extended shoots. Having spent full days on fashion shoots holding the camera in this rotated position, I can confirm it's strenuous!

Fortunately, innovation is on the horizon. A camera manufacturer is soon releasing a digital model specifically designed with sensors and viewfinders in portrait orientation. I own an older film camera offering this natural portrait orientation, and it remains a joy to use.

The big news is this: it's now possible to buy a digital camera that shoots in the portrait format without rotating the camera! Keep your eye out for the new “Fujifilm X half” camera.

當要從典型的靜態相機、攝影機或電視螢幕查看輸出的靜態或動態影像時，我們通常都是透過一個長方形框來觀看，我們稱這個長方形框為「畫框」。

在攝影技術出現之前，在畫布上作畫的藝術家可以隨意選擇任何尺寸和形狀的畫布，但我們從歷史中察覺到，當時大多數人都是選擇長方形的，這開創了影響其後視覺媒體的先例。隨著攝影和電影的出現，為了節省成本，大規模生產變得至關重要，這促使了電影和螢幕的尺寸和形狀標準化。

模擬電視螢幕最初為 4 個單位寬，3 個單位高，後來數碼電視螢幕標準化為 16 個單位寬，9 個單位高，因此「4x3」和「16x9」就被稱為螢幕的「寬高比」。

通常，相機的感測器和取景器都是水平或橫向放置的，寬度優先於高度。如果想要垂直或縱向拍攝，攝影師就必須將相機旋轉 90 度，這姿勢並不符合人體工學，令人很不舒服，尤其是在長時間拍攝時。我曾在拍攝時尚照片時一整天都必須保持這種旋轉相機的姿勢，真的很費力！

幸運的是，創新即將到來。一間相機製造商即將推出一款專門設計其感測器和取景器都支援垂直螢幕拍攝的數碼相機。我擁有一部舊式菲林相機，它可以直接垂直拍攝，現在使用起來依然樂趣十足。

這個喜訊是：現在終於可以買到一部不須要旋轉相機也能拍攝垂直模式照片的數碼相機了！請密切留意新款“Fujifilm X half”相機。



Fujifilm X half - front view



Fujifilm X half - rear view



Old camera with portrait oriented film frame



Portrait orientation



Landscape orientation

# Hair Product Sale in July 7月份頭髮產品優惠

## Be Color Shampoo (pH5.5)

~~\$200~~ \$180

Elevate your hair care routine with Be Color Shampoo, specially formulated for colour-treated and chemically-treated hair. Infused with nourishing caviar extract, keratin, and collagen, this shampoo gently cleanses and deeply moisturises, reducing frizz and improving manageability. This product strengthens hair from root to tip, preventing breakage and split ends, while protecting hair fullness and enhancing colour vibrancy for lasting, healthy-looking results.

### Be Color魚子精華角蛋白洗髮水

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，利用含量豐富的魚子萃取物、角蛋白和膠原蛋白，為頭髮進行溫和清潔、深層滋潤、減少毛躁，使其容易打理，從髮根到髮尖變得強健，防止斷裂和分叉，同時保持頭髮豐盈並增強髮色，使頭髮呈現持久健康。



## NO3 Glatty Matty Glattyspike Gel, 150ml

~~\$240~~ \$215

Create a dazzling style with this quick-drying gel, offering strong hold and brilliant shine. Its advanced cationic polymer ensures smoothness and flexibility, allowing you to achieve perfectly controlled, effortless hairstyles.

### NO3 閃亮造型啫喱，150毫升

這款快乾造型啫喱能有效定型，打造強力閃亮造型。其先進的陽離子聚合物具有光滑性，確保頭髮柔順服帖，讓你輕鬆打造完美受控的髮型。

## Paul Mitchell® Hold Me Tight, 315ml

~~\$330~~ \$300

Achieve fullness, texture and lasting shine with this fast-drying hairspray. Its lightweight, flexible hold allows easy brushing and effortless styling, leaving hair beautifully soft and touchable. The ultra-fine mist dries instantly, enhancing your hairstyle with body and gloss, while infusing your hair with a refreshing cucumber-melon fragrance delicately blended with notes of violet and water flower. Suitable for all hair types, it provides the perfect finishing touch for a style that lasts all day.

### Paul Mitchell® 「靈活的風格」定型噴霧，315毫升

這款快乾定型噴霧可為頭髮有效增添頭髮的豐盈感、質感和光澤。其輕盈配方提供靈活的定型效果，讓你只須隨心地梳理頭髮，便可以做出你想要的造型。細小的噴霧能快速變乾，頭髮依然保持柔軟，而且氣味清新，帶有青瓜果香、淡淡的紫羅蘭和水花香氣。產品適合所有髮質使用，效果可維持一整天，是增強頭髮豐盈感、光澤和靈活定型的最佳選擇。



## This Month's Promotion

### 10% Discount on Full Head Highlight Treatments

Refresh your look and brighten your hair for this summer with our Full Head Highlight Treatment at the Hair Salon. Whether you're looking for subtle enhancements or bold transformations, our expert stylists are ready to create the perfect highlights tailored to your personal style.

To make an appointment with one of our expert stylists, please call the Salon on 2118 1893.

### 全頭顏色挑染9折優惠

於7月份，歡迎前來會所髮廊惠顧全頭顏色挑染服務，換一個煥然一新、更加亮麗的造型迎接夏日。無論你是想進行細微的顏色補染還大膽的改變，我們的專業髮型師都可以根據你的個人風格及喜好打造出完美的亮麗髮色。



By Andy Au of Andy's Florist 撰文及圖片: Andy's Florist



## A Welcome Door Sign

### 迎接賓客的門口掛飾

Bring nature indoors with this charming handmade welcome sign. Using simple materials like dry branches, moss, and mini plants, you'll create a warm, rustic decoration perfect for your home or office door. It's easy to assemble and adds a cheerful, green touch to any entrance.

這款迷人的手工製迎賓掛飾，為室內增添一抹自然氣息。只需使用乾樹枝、水苔和迷你植物等簡單材料，即可打造溫馨質樸的裝飾，完美契合你的家居或辦公室大門。它易於製作，能為任何入口處增添一抹愉快的綠意。

1. Tie four long dry branches together using hemp rope to form a stable frame.
2. Glue the "Welcome" sign securely between the branches.
3. Attach flat moss in various spots along the branches using glue, creating a natural base.
4. Carefully glue the mini cactus and air plant onto the moss, one at a time.

Your decoration is now ready to display. Hang it on your front door, room door, or in your office to add a touch of greenery and charm.

1. 用麻繩將4支長乾樹枝綁在一起，做一個穩固的框架。
2. 用膠水將“歡迎光臨”掛牌固定在乾樹枝之間。
3. 用膠水將扁地衣固定在乾樹枝上的不同位置，增添大自然的感覺。
4. 小心地用膠水將迷你仙人掌及空氣鳳梨逐一固定在扁地衣上。

你的裝飾現在可以展示出來了。把它掛在前門、房門或辦公室，都可以增添一抹綠意和優雅。



#### What You'll Need:

- Various Mini Cactus Plants
- Air Plant
- 4 Long Dry Branches
- Flat Moss
- A Welcome Sign (with string for hanging)
- Hemp Rope
- Glue and Scissors

#### 材料：

- 多種迷你仙人掌植物
- 空氣鳳梨
- 4支長乾樹枝
- 扁地衣
- 一個“歡迎光臨”掛牌〔附掛繩〕
- 麻繩
- 膠水及剪刀



## Summer Promotion LPG Endermologie® ID Treatment (45mins)

Special Package Price at \$5,000/ 5-session  
(Original price: \$7,250)  
Available 1st - 31st July

Experience the latest in non-invasive body contouring with the LPG Cellu M6 Alliance. This advanced endermologie® treatment uses targeted mechanical massage to stimulate the skin and underlying tissues, boosting cellular activity, enhancing lymphatic drainage, and reducing localised fat, even in areas resistant to diet and exercise.

In just one session, endermologie® activates slimming cells (adipocytes) to encourage natural fat release while simultaneously firming and toning the skin. The result is improved skin texture and renewed suppleness, all without surgery or downtime.

Refine your silhouette and reveal a smoother, more contoured figure. The transformation begins with your first treatment.

*\*Remark: Package must be completed within 3 months*

For bookings and enquiries, please contact The Spa on 2118 1890.

**LPG定位修護療程〔45分鐘〕**  
**特別套票優惠 — \$5,000/5次〔原價\$7,250〕**  
**優惠期由7月1日至31日**

前來體驗最新的非侵入式身體塑形儀器LPG Cellu M6 Alliance。這先進療程採用LPG endermologie®技術，通過針對性的機械式按摩來刺激皮膚和皮下組織，促進細胞代謝、改善肌膚質量、減少脂肪堆積、增強淋巴排毒及緊緻肌膚，即使是對運動鍛鍊和節食最有抵抗力的脂肪也能恢復。

只需一次治療，endermologie®就能刺激瘦身細胞(脂肪細胞)並重新激活脂肪的自然釋放，同時治療頭的機械作用可以調理皮膚，使其恢復緊緻度和彈性，無需手術或恢復期。

改善你的輪廓並展現更平滑、更有線條的身材。轉變從你的第一次療程開始。

\*註：套票必須於3個月內完成

查詢詳情及預約療程，請致電 2118 1890 聯絡美容部。

## Spa Promotions in July 7月份美容療程優惠

### Youth Intensive Treatment

(1hr 45mins)

~~\$1,480~~ \$1,258

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slackened skin. This treatment combines ultra-targeted products with expert application techniques. Spend 1 hour and 45 minutes in sublime relaxation and emerge with visibly rejuvenated skin, noticeable even after the initial session.

### Sothys原肌修復再生療程 (1小時45分鐘)

盡情享受奢華的原肌修復再生療程，一次解決皺紋、緊緻度下降和皮膚鬆弛等明顯的衰老跡象。這款療程結合了超針對性的產品和專業的護理技術，在1小時45分鐘內享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後也有顯著效果，令你綻放年輕美態。



### Guinot Hydradermie Lift Deluxe (1hr 45mins)

~~\$1,580~~ \$1,264

This advanced lifting facial combines the exclusive Guinot Hydraderm machine with a gentle microcurrent and specialised massage techniques to stimulate lymphatic drainage and enhance skin tone. By improving microcirculation and encouraging collagen and elastin production, it helps smooth fine lines and wrinkles while restoring firmness. The result is visibly lifted, toned skin with a fresh, radiant glow and a more youthful appearance.

### Guinot雙效機理極緻緊膚療程 (1小時45分鐘)

此創新面部提升療程利用Guinot獨有的Hydraderm儀器，以溫和的微電流按摩排出毒素，改善微循環和膚色，回復健康的光澤；刺激膠原蛋白和彈性蛋白的產生，能撫平面部、頸部和眼睛周圍細緻部位的細紋和皺紋。這抗衰老皮膚治療能提升肌肉，改善皮膚色調，從而煥發青春的外觀。



To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890.  
預約療程請致電 2118 1890。

# Knee Joint Strain and Training: Strengthen Protection and Say Goodbye To Pain

## Causes of Strain

Causes of strain on the knee joint from activities such as running, jumping, and excess body weight can lead to cartilage wear, tendonitis, or meniscus injuries. Common symptoms include pain, swelling, and restricted movement. The knee joint, vital for bearing body weight and coordinating numerous movements, often suffers strain due to overuse, ageing, or incorrect posture. Conditions like degenerative arthritis and patellofemoral pain syndrome not only cause persistent discomfort, stiffness, and weakness but can also make everyday tasks such as walking or navigating stairs challenging. Studies indicate that over 60% of adults experience knee pain, making it a significant health concern beyond just athletes.

However, rest alone is not the solution. Scientific training can reverse knee issues effectively:

## Strengthen Muscles to Stabilise the Knee:

Knee stability relies on the surrounding muscles. The quadriceps at the front thigh act as the primary shock absorbers, while hamstrings at the back thigh assist in flexion and stability. The gluteus medius in the buttocks regulates the lower limb alignment, preventing inward knee collapse.

Targeted exercises like seated leg raises, bridge poses, and clamshell poses effectively strengthen these muscle groups, distributing joint pressure and enhancing stability.

## Enhance Mobility and Joint Lubrication:

Stiff joints function poorly, akin to rusted gears. Gentle stretches, including quadriceps stretches and calf stretches targeting the gastrocnemius and soleus muscles, enhance soft tissue flexibility, expand joint range of motion, stimulate synovial fluid circulation, and decelerate wear.

## Correct Movement Patterns to Address Causes:

Many knee issues arise from improper movement patterns. During exercise, maintain knee alignment with toes to avoid inward buckling. Practise correct squatting and lunging techniques, initiating movements from the hips, and select appropriate cushioned footwear. Such adjustments alleviate undue joint pressure at its source.

## Important Reminder

1. Gradual Progression: Increase exercise intensity and frequency progressively according to your personal capacity, avoiding overexertion.
2. Pain Signals Caution: Immediately stop exercising if you experience significant pain, and consult a physiotherapist or medical professional.
3. Individual Differences: Since strain causes vary, professional assessments are recommended to design personalised training plans.

## Precautions Before and After Exercise

1. Warm up thoroughly to gradually prepare the body.
2. Cease exercise immediately if experiencing pain and seek professional advice.
3. Individuals who are overweight should incorporate dietary management to reduce joint stress.

Knee strain is not an irreversible fate. Moving beyond medications and passive rest, actively strengthen muscles, improve mobility, and correct your movements through scientifically structured training. Rebuild robust knee health, step without pain, and embrace an active, comfortable life. Proactive management means stronger knees!

## Training Principles to Follow

1. Muscle Strengthening: Concentrate on quadriceps and hamstring exercises to alleviate knee joint pressure with controlled flexion and extension.
2. Enhanced Stability: Strengthen gluteal and core muscles for improved posture and balance.
3. Low-impact Aerobic Activities: Opt for swimming or cycling instead of running to minimise joint impact.



### Hamstring Training on Machine

Perform 15-30 repetitions, doing 2-3 sets.

後大腿膕繩肌訓練 — 器械  
每次進行 15-30 次，做 2-3 組。



### Static Stretch

Stretch the hamstrings, holding for 8-20 seconds.

靜態伸展  
伸展膕繩肌，保持 8-20 秒。



### Glute Training on Mat

Lying face up on the mat, lift the hips and hold for 8-12 seconds, doing 5 sets.

臀大肌訓練 — 地墊  
仰臥地墊上，抬臀，穩定保持 8-12 秒，做 5 組。

# 膝關節勞損與訓練： 強化守護，告別疼痛



By Personal Trainer, Gary Wong  
撰文：私人健身教練 – Gary Wong

## 勞損成因

膝關節長期承受壓力，如跑步、跳躍、體重過重等，容易導致軟骨磨損、肌腱炎或半月板損傷等勞損問題，常見症狀包括疼痛、腫脹及活動受限。這個承載身體重量、協調無數次動作的膝關節，常因過度使用、老化或不良姿勢而飽受勞損之苦。退化性關節炎、髌骨股骨疼痛症候群等問題，不僅帶來惱人的疼痛、僵硬與無力感，更可能使日常行走、上下樓梯都成為挑戰。研究顯示，超過 60% 的成年人曾有過膝痛經驗，這不僅是運動者的困擾，更是現代人常見的健康負擔。

然而，休息絕非唯一的解決良方！科學化的訓練亦可有效扭轉膝蓋問題：

## 強化肌群及穩固根基：

膝蓋的穩定依賴周圍的肌肉支撐。股四頭肌（大腿前側）是膝蓋最重要的「避震器」；繩肌（大腿後側）則協調彎曲及穩定；臀部的臀中肌則控制下肢對齊保持直線，避免膝蓋內傾。

## 針對性的運動：

如坐姿抬腿、橋式、蚌殼式等針對性動作就能有效增強這些肌肉，分擔關節壓力，加強穩定性。

## 提升活動幅度及潤滑關節：

僵硬的關節如同生鏽的齒輪，功能不佳。溫和的伸展運動，包括針對腓腸肌和比目魚肌的股四頭肌及小腿拉伸，都能改善軟組織的彈性，擴大關節活動範圍，刺激關節液循環，減緩磨損。

## 修正動作模式以解決病因：

許多膝痛源於錯誤的動作習慣，運動時確保膝蓋與腳尖對齊，避免膝蓋向內彎曲。學習正確的深蹲、弓箭步姿勢，運用髌關節啟動動作，並選擇合適且具緩衝的運動鞋。這些調整能從源頭減少關節承受過度的壓力。

## 重要提醒

- 循序漸進：訓練強度與頻率需依個人狀況逐步增加，避免急於求成而導致反效果。
- 疼痛為警號：若訓練途中或之後出現劇烈疼痛，應立即停止，並尋求物理治療師或專家醫生查詢及診斷。
- 個體差異：勞損原因多元性，接受專業評估才能制定最適合的個人化訓練方案。

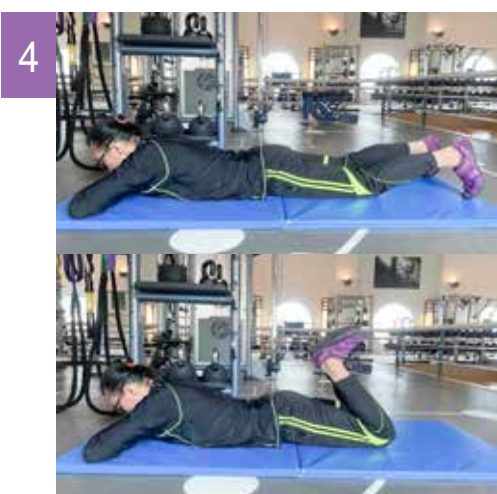
## 練習前及後的注意事項

- 訓練前熱身，讓身體逐步做好準備。
- 出現疼痛時立即停止，並尋求專業諮詢。
- 超重者應結合飲食管理，減輕膝蓋負荷。

膝蓋勞損非不可逆的宿命，告別單純依賴藥物或休息，轉而透過科學訓練積極強化肌群、改善活動度並修正動作，你便能重建膝蓋的穩固及健康，重新踏出無痛的步伐，擁抱靈活自如的生活。積極管理，膝蓋也能愈練愈強！

## 應遵循的訓練原則

- 強化肌肉：重點訓練股四頭肌及繩肌，做一些輕鬆的屈伸動作來分散膝關節的壓力。
- 提升穩定性：鍛鍊臀部與核心肌群，改善姿勢及平衡。
- 低衝擊有氧運動：用游泳、踏單車來替代跑步，以減低關節的負擔及衝擊。



### Knee Joint Training on Mat

Lying face down on the mat, perform flexion and extension for 20-40 repetitions, doing 2-3 sets.

#### 膝關節訓練 — 地墊

俯臥地墊上，進行膝蓋屈曲和伸展 20-40 次，做 2-3 組。



### Dynamic Training for Quadriceps on Machine

Perform 15-30 repetitions, doing 2 to 3 sets.

#### 動態訓練：股四頭肌訓練 — 器械

每次進行 15-30 次，做 2-3 組。



### Static Isometric Contraction Training for Quadriceps

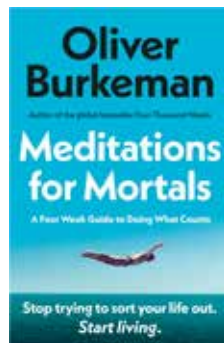
Back leans against the wall (or mirror). Perform wall squat and hold for 1-3 minutes.

靜態等長收縮訓練：股四頭肌訓練  
背部靠牆（或鏡子），進行無影橈動作，保持 1-3 分鐘。

## Meditations for Mortals: A Four Week Guide to Doing What Counts

by Oliver Burkeman

Banish burnout. Choose calm. Embrace life. One day at a time. *Meditations for Mortals* takes readers on a liberating journey towards a more meaningful life - one that begins not with fantasies of the ideal existence, but with the reality in which we actually find ourselves.



Designed as a four-week 'retreat of the mind', it offers daily wisdom, solace and inspiration to aid a saner, freer, and more enchantment-filled way of living. Addressing fundamental questions about how to live, Oliver Burkeman proposes a powerful new guiding philosophy of 'imperfectionism'. How can we embrace our limitations? Or make good decisions when there's always too much to do? What if being truly productive means letting things happen, not making them happen?

Reflecting on philosophy, literature, psychology, religion and self-help, Burkeman explores practical tools and shifts in perspective. The result is a profound yet entertaining crash course in living more fully.

驅散倦怠，選擇平靜，擁抱生活，活在當下。《Meditations for Mortals》帶領我們踏上一段解放之旅，走向更有意義的人生 — 這段旅程並非始於對理想生活的幻想，而是始於我們真正身處的現實。

該計畫旨在進行為期四週的「心靈靜修」，提供日常的智慧、慰藉和靈感，以幫助你擁有更理智、更自由、更充滿魅力的生活方式。Oliver Burkeman 針對如何生活的基本問題，提出了一個強而有力的新指導哲學 — 「不完美主義」。我們該如何欣然接受自身的短處？或者，當總是有太多事情要做時，該如何做出正確的決定？如果真正的高效意味著順其自然，而不是強迫它們發生，那又如何呢？

Burkeman 在博覽哲學、文學、心理學、宗教等書籍以及自助手冊後，探索實用工具和視角轉變。這本書是一門深刻有趣的速成課程，教你如何更充實地生活。

## The Next Conversation: Argue Less, Talk More

by Jefferson Fisher

What's the best way to handle a heated conversation? How do I stand my ground with confidence? Is there an effective way to work with difficult personalities? Trial lawyer Jefferson Fisher has gained millions of followers through short, simple, practical videos teaching people how to argue less and talk more. And now he offers a tried-and-true framework that will show you how to transform your life and your relationships. His down-to-earth teachings and actionable strategies have helped countless people navigate life's toughest situations. You will learn: Why you should never "win" an argument; how to set boundaries and frame conversations; Why saying less is often more, and how to overcome conflict with connection. Everything you want to say, and how you want to say it, can be found in *The Next Conversation*.

處理激烈對話的最佳方法是什麼？我如何自信地堅持自己的立場？有沒有更有效的方法可以應付難以相處的人？訴訟律師 Jefferson Fisher 透過製作簡短、簡單、實用的視頻，教導人們如何少爭論、多交流，並因而贏得了數百萬的粉絲。現在，他提供了一個經過驗證的框架，告訴你如何改變你的生活和人際關係。他務實的教誨和切實可行的策略幫助了無數人渡過人生中最艱難的時期。你將會學習：為什麼你永遠不應該「贏得」一場爭論；如何設定界限和構建對話；為什麼少說話反而更好，以及如何透過溝通克服衝突。你想說的一切，以及你想如何表達，都可以在《The Next Conversation》中找到。



From now until 31st July, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至7月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.  
216 Pacific Place, Admiralty

Kelly & Walsh Ltd  
金鐘太古廣場216號舖

Hong Kong Book Centre Ltd.  
25 Des Voeux Road, Central

香港圖書文具有限公司  
中環德輔道中25號



By the Club's Golf Professional,  
Lau Yat Hung, Alain



## Increasing Driving Distance in Golf 增加高爾夫發球距離

While gym training helps build strength and stability, gaining extra distance off the tee often comes down to improving your swing technique. Small adjustments can make a big difference.

Start by raising the tee height. This encourages an upward angle of attack, which helps launch the ball higher to carry it further. Try swinging from the inside-to-out to create a draw, a shot shape that tends to travel farther thanks to a more efficient flight path.

Keep your grip relaxed. Tension slows you down, while a looser grip allows for faster clubhead speed and more power. Shifting your upper body slightly back during the swing builds centrifugal force, increasing the energy you deliver to the ball. Delaying the release of the clubhead stores additional energy, resulting in a more explosive impact.

A wider stance also helps. It allows for a bigger shoulder turn during your backswing, which adds torque and generates more speed.

Practising these simple yet effective changes can lead to noticeable distance gains, without needing to bulk up or overhaul your fitness routine. Focus on technique, and your drives will go further with less effort.

雖然健身室訓練有助於增強力量和穩定性，但想要做到更遠的開球距離，往往取決於精細調整揮桿技巧。細微且有針對性的改變便能帶來顯著進步。

首先，提高球座高度。這可以增加擊球角度，使球飛得更高、更遠。試著從內向外揮桿，擊出左曲球，由於這種擊球方式可以提升球的飛行路徑，從而增加距離。

保持放鬆的握桿姿勢。緊張會減慢你的速度，而放鬆握桿則可以加快桿頭速度，產生更大力量。揮桿時上身重心略微向後移可以增強離心力，將更多能量傳遞到球上。延遲桿頭釋放可以儲存額外的能量，從而產生更具爆發力的擊球。

加寬站姿也有幫助。這樣能讓你在上桿時肩部轉動幅度更大，從而增加扭力並產生更快的速度。持續練習這些簡單而有效的改變，可以顯著增加擊球距離，而無需增加肌肉量或徹底改變你的健身計劃。專注於技巧，你的開球就能事半功倍。

## Golf Private Lessons

With the Club's Golf Professional Lau Yat Hung, Alain

Our experienced Golf Pro offers private lessons to really improve your game. Whether you are a beginner or a low handicapper, these lessons can make a huge difference to your technique.

### 高爾夫球私人課堂

不論你是初學者還是高手，想進一步改善及提升高爾夫球技術的話，歡迎前來參加由本會專業私人教練劉日洪（Alain）教授的私人高爾夫球課堂。

#### Private Lessons (1 pax)

私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4堂一小時課程	\$2,900 per person 每位\$2,900
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#### Semi-Private Lessons (2 pax)

半私人課程（二人）

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4堂一小時課程	\$1,600 per person 每位\$1,600
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Contact the 4/F Tennis Reception on  
2118 1707 for booking details.  
預約及查詢，請致電 2118 1707。



## Bowling Parties at Pacific Club 太平洋會保齡球派對

Are you in search of the perfect venue for your child's birthday party, a memorable family reunion, or a unique corporate team-building event? Look no further! Celebrate in style with a Bowling Party with karaoke at the Pacific Club.

Our exclusive Bowling Alley is open for private event reservations from Monday to Sunday (including public holidays), offering a vibrant atmosphere for groups of 18 up to 40 guests. And in the evenings, experience the excitement of our special Neon Night Mode — an electrifying setting that transforms your event into an unforgettable bowling extravaganza under the glow of neon lights!

**For further information on availability, pricing, and tailored event packages, please contact our dedicated Banqueting & Events Department on 2118 2851 or 2118 2295.**

你正在尋找舉行兒童派對，家庭聚會或公司聯誼的理想地點嗎？  
不妨考慮到太平洋會舉辦保齡球及卡拉ok派對。

本會的保齡球場於星期一至日及公眾假期均可預訂私人派對，可容納人數由18位起至最多40位，到了晚上，更可以體驗我們特殊的霓虹燈夜間模式，令派對場地變得氣氛十足！

查詢有關詳情，請致電 2118 2851 或 2118 2295 與本會宴會部聯絡。

# Yoga at the Club

Our Group Yoga Classes, held on five days throughout the week (except Public Holidays), are a great way to exercise the body and mind.

Venue : Aerobics Room

Fee : Members \$180/class, \$1,620/10 classes ; Guests \$300/class

Remark : Packages must be completed within 4 months

For more information and enrollment, please contact the 2/F Reception on 2118 1890.

A	Monday	10:30am – 11:30am
B	Tuesday	10:30am – 11:30am
C	Thursday	10:30am – 11:30am
D	Friday	10:30am – 11:30am
E	Sunday	11:00am – 12:00noon

## 瑜珈班

本會瑜珈團體課程由專業教練教授，  
逢星期一、二、四、五及日舉行(公眾假期除外)。

收費：會員每堂 \$180，10堂套票 \$1,620 (套票必須於4個月內完成)  
非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，套票必須於4個月內完成。

報名請致電 2118 1890。



# Basketball Private Lessons

## 私人籃球課堂

Develop your game with private basketball coaching at the Pacific Club. Each session is tailored to your level and goals, whether you're new to the sport or looking to fine-tune specific skills.

Work closely with our professional coach to improve shooting technique, ball control, footwork, and defensive play, all while building confidence and game awareness. Focused, flexible, and designed for results, these one-on-one lessons offer a clear path to better performance on the basketball court.

在太平洋會的私人籃球教練指導下，提升你的籃球水平。無論你是初學者，還是希望進一步提升技術，我們都可以根據你的個人需求度身定制個人訓練計劃。

與我們的專業教練緊密合作，提升投籃技巧、控球、步法和防守能力，同時增強自信心和比賽意識。這一對一課程提供專注、靈活的訓練，注重成果，提供清晰的指導，幫助你在籃球場上取得更佳表現。

### Private Lessons (1pax)

### 私人課程 (一人)

1-hour : \$650 per person  
1½hour : \$900 per person

一小時課程 : 每位\$650  
1½小時課程 : 每位\$900

### Private Lessons (2pax)

### 半私人課程 (二人)

1-hour : \$900 per session  
(Additional participant:  
\$200/pax, up to 8 pax)

一小時課程 : 每堂\$900  
(額外參加者：每堂/每位\$200，  
上堂人數最多8位)

Contact the 4/F Tennis Reception on 2118 1707 for booking details.  
預約及查詢，請致電 2118 1707。



# Annual Junior Swimming Gala 2025

## 少年游泳比賽 2025

COMING SOON  
即將舉行...

Date 日期	Sunday, 31st August 8月31日 (星期日)
Time 時間	1:00pm to 6:00pm 下午1時至6時
Location 地點	Pacific Club Swimming Pool 太平洋會游泳池

Get ready to make a splash at this year's Pacific Club Annual Junior Swimming Gala 2025! Join us on Sunday, 31st August, for an unforgettable day of excitement, competition, and fun at the pool.

Enrollment forms are now available at the 2/F Reception. Please ensure you submit your completed forms by latest Sunday, 17th August. Late registrations will NOT be accepted, so act fast!

Please note, in order to accommodate this fantastic event, the Swimming Pool will be exclusively reserved for our junior competitors from 1:00pm to 6:00pm on the event day. We appreciate your understanding and support as we cheer on our young swimmers.

現在就開始作好準備參加本年度「太平洋會少年游泳比賽」吧！這個令人興奮、好玩又刺激的比賽將於8月31日(星期日)舉行，歡迎所有年輕會員參加。

報名表格現可於二樓接待處索取。截止報名日期為8月17日(星期日)。比賽程序一經確定及通知參賽者後，本會將不會再接受任何報名。

請注意，比賽當日游泳池將於下午1時至6時暫停開放予其他會員使用，我們在此感謝大家的體諒。請為各位年輕參賽者打氣！

## Spot the differences

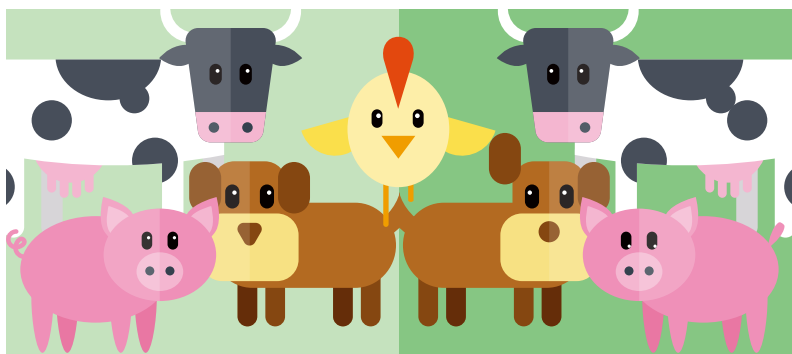
Please find seven differences between the two pictures .  
請找出兩圖中的7個不同之處。

### Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Thursday, 31st July. The winner will receive a fabulous prize.

### 贏取精美禮品

請將答案傳真至 2118 0209 或交回二樓接待處。所有答中的小朋友均可參加於7月31日(星期四)舉行之抽獎，勝出者可獲禮物一份。



Name: \_\_\_\_\_

Age: \_\_\_\_\_ Contact Tel. No.: \_\_\_\_\_

Membership No.: \_\_\_\_\_

### Holiday Notice

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on 1st July.

### 課程暫停舉行

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。

## Time Change for Swimming Pool Cleaning During the Summer Holidays

Please note that during the months of July and August, the Swimming Pool cleaning time will be temporarily changed to every Monday and Thursday, from 9:30pm to 10:30pm. This means that on Mondays and Thursdays the Swimming Pool will now close at 9:30pm.

### 暑期游泳池清潔時間更改

請注意，於7月及8月份暑假期間，本會游泳池之清潔時間將暫時由星期一及星期四下午2時至4時，更改至星期一及星期四晚上9時30分至10時30分。屆時游泳池將於晚上9時30分關閉。



## Miniature Clay Hotpot Workshop

Let your little one create their very own miniature hotpot in this delightful workshop! Using colourful clay, children will craft realistic ingredients, from crisp vegetables to tempting meat slices, bringing their tiny hotpot to life.

This engaging, hands-on activity enhances fine motor skills, sparks creativity, and encourages imagination.

### 迷你黏土火鍋工作坊

讓小朋友自己動手利用黏土捏出可愛又精緻的迷你火鍋！這場趣味滿分的工作坊將帶領小朋友運用色彩繽紛的黏土，製作出逼真的食材，如鮮嫩蔬菜、美味肉片。透過創意捏塑，幫助他們提升動作技能和想像力，在輕鬆愉快的氛圍中發揮無限創意！工作坊將分別於7月13日（星期日）及18日（星期五）舉行，適合5歲以上的會員參加，一堂收費－會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

Date : (A) Sunday 13th July  
(B) Friday 18th July

Time : (A) 2:00pm – 3:00pm  
(B) 11:30am – 12:30pm

Venue : Children's Playroom Library

Price : Member \$180, Guest \$300  
(Including Children's Playroom entrance fee)

Age : 5 years and above

## Junior Taekwondo

Our ongoing Taekwondo classes are a great opportunity for children to progressively learn this martial art, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!

### 少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上所有程度的會員參加，7月份3堂收費－會員\$540，非會員\$570。歡迎新學員參加！

Date : Saturday 5th, 12th & 19th July

Time : 4:00pm – 5:00pm (All levels)

Venue : Aerobics Room

Price : Member \$540, Guest \$570 (for 3 lessons)

Age : 4 years and above



## Junior Badminton Group Lessons

Our Junior Badminton Programme offers expert group instruction tailored for young players aged 6 to 16. Join us to develop badminton skills, build confidence, and enjoy a fun, energetic atmosphere on the court alongside fellow players!

### 少年羽毛球－團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6 - 16歲的會員而設。透過課程學員將可以提升羽毛球技能，建立自信，並與其他球員一起在球場上享受有趣、充滿活力的氛圍。7月份4堂收費－會員\$1,040，非會員\$1,080。

Date : Friday 4th, 11th, 18th & 25th July

Time : (A) 6:30pm – 7:30pm  
(B) 7:30pm – 8:30pm

Venue : Aerobics Room

Price : Member \$1,040, Guest \$1,080 (for 4 lessons)

Age : (A) 6 – 10 years  
(B) 11 – 16 years



## Junior Badminton Lessons (Private)

Accelerate your child's badminton development with our private coaching sessions, available with advance booking. Our experienced coach offers specialised training to enhance skills and enjoyment of the game.

### Private Lessons

1pax: \$700/hour (including court hire)

2pax: \$900/hour (including court hire)

### 少年羽毛球－私人課程

讓孩子學習羽毛球知識及提升個人技巧，歡迎報名參加本會的私人羽毛球班，由經驗豐富的專業羽毛球教練針對每位學員的獨特優點、缺點及目標而度身設計適合他們的課程。

私人課程收費（包括場租）

一人：\$700 / 每堂一小時

二人：\$900 / 每堂一小時

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Sunday, 20th July. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in August. Good Luck!

請於7月20日(星期日)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於8月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

9	5							
		3		1	8			2
	8			2				5
		9			1	3		4
8		4	6			5		
6				5			4	
1			3	4		2		
							9	3

Name 會員姓名: \_\_\_\_\_

Membership No. 會員編號: \_\_\_\_\_

Contact Tel. No 聯絡電話: \_\_\_\_\_

\*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

June  
Solution  
6月份  
遊戲答案

2	4	3	5	7	9	1	6	8
7	6	8	1	3	4	9	5	2
1	5	9	2	6	8	3	4	7
5	9	1	6	4	2	8	7	3
4	8	2	7	1	3	5	9	6
6	3	7	9	8	5	4	2	1
3	7	6	4	9	1	2	8	5
9	1	5	8	2	6	7	3	4
8	2	4	3	5	7	6	1	9

Congratulations to the winner  
of last month's puzzle  
恭喜上期得獎者  
Ms Abigail Ocampo

## Soy Sauce Chicken Drumstick Shio Ramen at Bā Ramen in July

### 7月份拉麵推介 — 鹵水雞腿鹽味拉麵

This July at Bā Ramen, enjoy Soy Sauce Chicken Drumsticks slow-cooked lou soi-style with Sesame and Yuzu, served in a light Shio Broth with Ramen Noodles. A simple, satisfying bowl with balanced flavour.

\$138 per bowl

於7月份，歡迎前來拉麵吧品嚐以慢煮方式烹調的鹵水雞腿，佐以芝麻柚子，配搭清淡的鹽味湯拉麵。簡單卻令人滿足，帶來平衡豐富的味覺體驗。

每碗 \$138。



## Live Sports at the Club Bar

### 精彩體育賽事 酒吧現場直播

Keep up to date on the live sports action at our vibrant Club Bar!

With numerous screens and a dynamic atmosphere, it's the place to be for catching this month's thrilling global sporting events.

**Call the Club Bar on 2118 1845 for more details.**

Club Bar Opening Hours: Daily, from 11:00am – 11:00pm

本會酒吧設有多部電視屏幕，是讓大家在熱鬧的氣氛下，觀看本月份全球各項刺激體育賽事的最佳場所。

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

# Royal Northern and University Club

## Aberdeen, Scotland

Founded in 1854 and given its Royal status following a visit to Aberdeen by Queen Victoria in 1863, the Royal Northern and University Club has a long and illustrious history. Renowned for its fine cuisine, superb facilities and overnight accommodation, the Club has very much kept pace with the changing times.



Ideally situated in the heart of Aberdeen, with convenient off-road parking and within easy reach of the city centre, local businesses and transport links, it is the perfect location.

The Club is celebrated for its elegant surroundings, exceptional cuisine, and warm hospitality.

The main Dining Room continues to uphold a tradition of refined service, where menus range from light business lunches to formal evening dinners. Members can entertain guests in the private Library, the stylish Reynolds' Room, or the sunlit Garden Room overlooking the secluded garden. A carefully selected wine list, including bottles from the Club's private reserves, complements the dining experience.



Ten well-appointed bedrooms offer a comfortable stay, including five singles, two doubles, two king rooms, and one deluxe king. With free Wi-Fi and all modern conveniences, the Club provides a welcoming overnight option just moments from the train station and within easy reach of Aberdeen Airport.



So, when you are next planning a trip to Aberdeen, be sure to obtain a Letter of Introduction for the Royal Northern and University Club - where a warm welcome awaits Pacific Club Members.

Royal Northern and University Club 於 1854 年成立，因維多利亞女王於 1863 年到訪阿伯丁而獲得皇家地位，擁有悠久而輝煌的歷史。會所以其精緻的餐飲服務、一流的設施及便利的住宿服務而聞名，一直與時代並進。

會所地理位置優越，位於阿伯丁市中心，擁有方便的路邊停車場，可輕鬆抵達市中心、當地企業和交通樞紐，是完美的選擇。會所以優雅的環境、卓越的美食及熱情的款待而贏得讚賞。

主餐廳秉承精緻服務的傳統，提供從簡單的商務午餐到菜式豐富的正式晚宴。會員可以在私人圖書館、時尚的 Reynolds' Room，或是陽光明媚、俯瞰幽靜花園的 Garden Room 招待賓客。此外，會所亦搜羅世界各地的優質葡萄酒，令用餐體驗更錦上添花。

會所共設有 10 間設備齊全的房間提供舒適的住宿服務，包括 5 間單人房、兩間雙人房、兩間特大房及一間豪華特大房。此外，會所亦提供免費上網服務及所有現代化的便利設施，是讓人感到溫馨的住宿選擇，而且距離火車站僅幾步之遙，可輕鬆抵達阿伯丁機場。

若果你將計劃到訪阿伯丁，請務必攜同本會的介紹信，親訪 Royal Northern and University Club — 令太平洋會會員感到賓至如歸的會所。



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